

COVID-19 Exclusion Table: *Exclusion criteria for staff, students and close contacts*

	Low Risk	Moderate Risk	High Risk	Very High Risk
COVID-19 positive (viral test), symptomatic or asymptomatic	Exclude according to COVID-19 exclusion criteria Identify and exclude school-based contacts for 10 days (in absence of testing) from last exposure and report to local health department.	Exclude according to COVID-19 exclusion criteria Identify and exclude school-based contacts for 10 days (in absence of testing) from last exposure and report to local health department.	Exclude according to COVID-19 exclusion criteria Identify and exclude school-based contacts for 14 days from last exposure and report to local health department.	Recommend fully remote learning
COVID-19 - compatible symptoms but not tested for COVID-19	If no potential exposure to COVID-19 in the last 14 days, individual can follow NJDOH School Exclusion List If person has potential exposure to COVID-19 in the last 14 days, exclude according to COVID-19 exclusion criteria	Exclude according to COVID-19 exclusion criteria	Exclude according to COVID-19 exclusion criteria Identify and exclude school-based contacts for 14 days from last exposure, or until symptomatic individual tests negative for COVID-19 and report to local health department	
COVID-19 - compatible symptoms and negative COVID-19 test (viral test)	Exclude individual through 24 hours after their fever has ended without the use of fever reducing medications and other symptoms improve	Exclude individual through 24 hours after their fever has ended without the use of fever reducing medications and other symptoms improve	Exclude individual through 24 hours after their fever has ended without the use of fever reducing medications and other symptoms improve	
Close contact Of staff or student with COVID-19 or to someone who has COVID-19 compatible symptoms (high risk level only) *	Close contacts of a COVID-19 case should be excluded for 10 days (in absence of testing) from date of last contact	Close contacts of a COVID-19 case should be excluded for 10 days (in absence of testing) from date of last contact	Close contacts of a COVID-19 case should be excluded for 14 days from date of last contact Close contacts of an individual with COVID-19 compatible symptoms should be excluded for 14 days from date of last contact, or until ill individual tests negative for COVID-19	

How Long Do I Need to Stay in COVID-19 Isolation or Quarantine?



If you are **SICK** and **TEST POSITIVE** for COVID-19:
Stay home for 10 days AND at least 24 hours with no fever and you feel better.



If you are **NOT SICK** and **TEST POSITIVE** for COVID-19:
Stay home for 10 days after getting tested.



If you are **SICK** and **TEST NEGATIVE** for COVID-19:
Stay home for 24 hours or until your symptoms go away and you feel better.



If you are **NOT SICK** but had **CLOSE CONTACT** with a COVID-19 case
OR have **TRAVELED** to an area with high levels of COVID-19: Stay home for 14 days.



OR



If you are **NOT SICK** but **LIVE WITH SOMEONE** who has COVID-19: Stay home and away from the sick person for 14 days. If you are caring for someone with COVID-19, or if the sick person cannot be separated from others at home, you should stay home while the sick person is home (at least 10 days) plus 14 more days.

NOTE: Ocean County is currently in High Risk which requires a 14 Day Quarantine Period.



NJ TRAVEL RESTRICTIONS – Mitigation Strategies

New Jersey strongly discourages all non-essential interstate travel at this time. At this time, individuals who have been vaccinated against COVID-19 should continue to follow the State's travel advisory.

Travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) **should self-quarantine** at their home, hotel, or other temporary lodging following [recommendations from the CDC](#):

- If travel is unavoidable, **travelers should consider getting tested** with a viral test (not an antibody test) **1-3 days before the trip** and **again 3-5 days after the trip**.
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time**.
- If travelers test negative, they should **quarantine for a full 7 days after travel**.
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel**.
- The advisory is no longer specific to certain states. Because of the high number of case counts across all states, there is an increased risk of spread of COVID-19 upon return from any travel.
- The self-quarantine is voluntary, but **compliance is expected**. Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the quarantine advisory.