

# RUNNEMEDE SCHOOL DISTRICT

Administrative Offices \* 24 North Black Horse Pike\* Runnemede, NJ 08078

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December 1, 2020

Dear Runnemede Staff and Families,

Although our schools are currently in a remote learning model, we are continuing to work with the Camden County Health Department with tracking and tracing Covid-19 cases in our community. In order to do so, our school nurses will be emailing and calling the health department when they are made aware of cases within our school community. In turn, the Camden County Health Department also reaches out to the nurses to report cases which impact our schools. The school nurses may also have to contact families to help determine if they have any other possible direct contacts in the community who may need to quarantine.

We are not only asking for your cooperation in this matter, but to also contact your school nurse if you or someone in your household tests positive for Covid-19. The school nurses can be reached by either email or voicemail, which will be listed at the bottom of the letter. Your efforts toward reporting Covid-19 cases will be extremely important when we are determining if it is safe to reopen schools on January 19, 2021. Keeping our students and staff healthy is our most important objective, as we do not want to put anyone at risk.

Please read the following information regarding common questions that the community may have regarding Covid-19. It is imperative that all of us are on the same page when it comes to quarantine and isolation timeframes to decrease the spread of this virus.

**Who counts as a close contact?** A close contact is when you have been in direct contact with an individual who tested positive for Covid -19 or experiencing symptoms. If you have been within 6 feet of this individual or talking for 15 minutes or longer then it would count as a direct contact. The minutes do not have to be all together but over a 24 hour period. The 15 minutes can be cumulative, so 5 minutes here and there adds up!

**How long will I have to quarantine if I am diagnosed with Covid-19?** If you are diagnosed with Covid-19, you will need to isolate for 10 days. Individuals are considered contagious two days prior to testing positive or developing symptoms and a full 10 days after. Keep in mind, if your symptoms are not improving within those 10 days, you should isolate until you no longer have symptoms.

**How long will I have to quarantine if I was in close contact with someone who was diagnosed with Covid-19?** If you were within close contact with someone who was diagnosed with Covid-19, then you will need to quarantine for 14 days after the exposure. Your quarantine will start from the date of the last time you were in contact with the positive individual.

**How long will I have to quarantine if I live with someone who was diagnosed with Covid-19?** If you live with someone diagnosed with Covid-19, you will need to quarantine for 24 days. This is because the individual

who is positive is contagious for 10 full days. On the 11th day, the rest of the household continues to quarantine for another 14 days. The time period that people can develop symptoms after being exposed to the virus ranges from 2-11 days. That is why the additional time is needed for household members to remain in quarantine. It is possible for you to develop symptoms and spread the virus to others.

Please note that these guidelines may be adjusted as new recommendations are released by the Camden County Department of Health; however, any significant changes will be communicated to you. If there are any other questions, please feel free to reach out to your school nurse. **Also please remember to keep us informed of any new Covid-19 cases in the community.** Let's continue to work together to keep our community safe and healthy.

Have a happy and safe holiday season,

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