

NURSES CORNER

JERSEY CITY PUBLIC SCHOOLS



MASKS

- According to Executive Order No. 251, masks must be worn while on school premises. If your child has a medical condition or disability that prevents the use of a face mask, medical documentation from the doctor is required and needs to be submitted to the school nurse. Masks are able to be removed when the individual is engaged in activity that cannot physically be performed while wearing a mask, such as eating or drinking or when a student is participating in high-intensity physical activities during a physical education class and able to keep six feet distance from others.

HANDWASHING ETIQUETTE

- Hand Washing can keep you healthy and prevent the spread of respiratory infections. To prevent the spread of COVID-19 you should wash your hands with soap and water for at least 20 seconds or use a hand sanitizer before or after:
 - 1. Touching your eyes, nose, or mouth
 - 2. Touching your mask
 - 3. Entering and leaving a public place
 - 4. Touching an item or surface that may be frequently touched by others.

RESPIRATORY ETIQUETTE

- Respiratory etiquette is an infection preventive measure designed to limit the transmission of infections that are spread through droplets or airborne routes.
 - 1. Cover your mouth and nose when coughing
 - 2. Use tissues and throw them away
 - 3. Wash your hands or use a hand sanitizer every time you touch your mouth or nose.

WHAT IF MY CHILD BECOMES ILL AT SCHOOL WITH COVID-19 SYMPTOMS?

- If your child becomes ill, the school nurse will notify you immediately.
- Guidelines for COVID-19 Compatible Symptoms as per the CDC and NJDOH will be followed.
- Your child will be placed in an area or room away from others until the parent or caregiver arrives and will be monitored by staff assigned to supervise students waiting to be picked up.
- Please prepare to have additional emergency contacts other than yourself available to pick up your child.
- Physical distancing will be maintained while in this waiting area.
- School nurses will use Standard and Transmission-Based Precautions.
- The school nurse will give you a form that your child's doctor will need to complete in order for your child to return to school.

EXCLUSION FROM SCHOOL

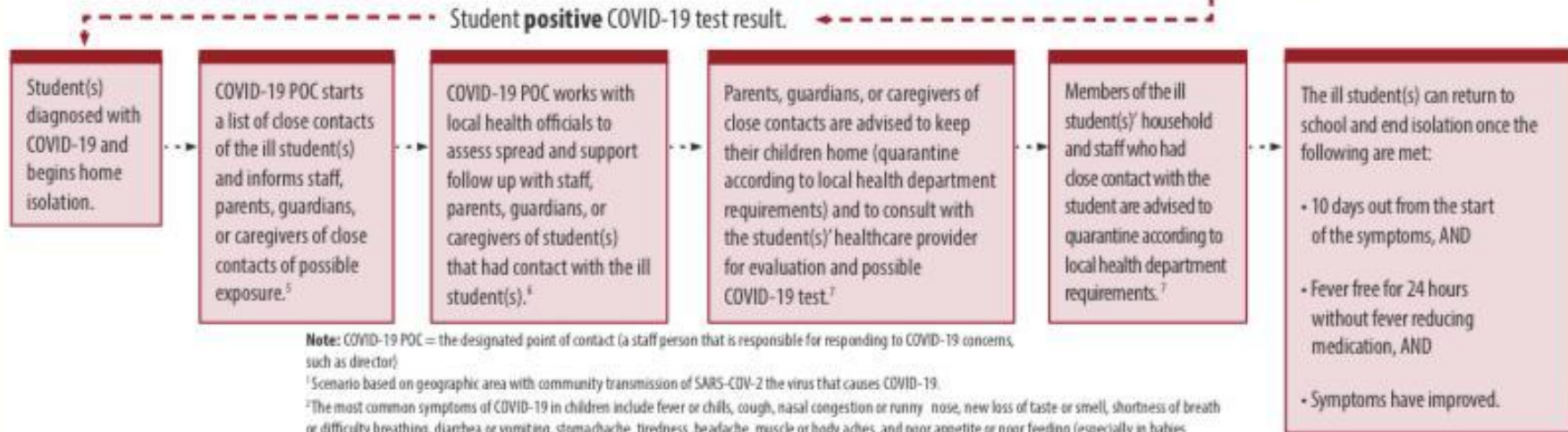
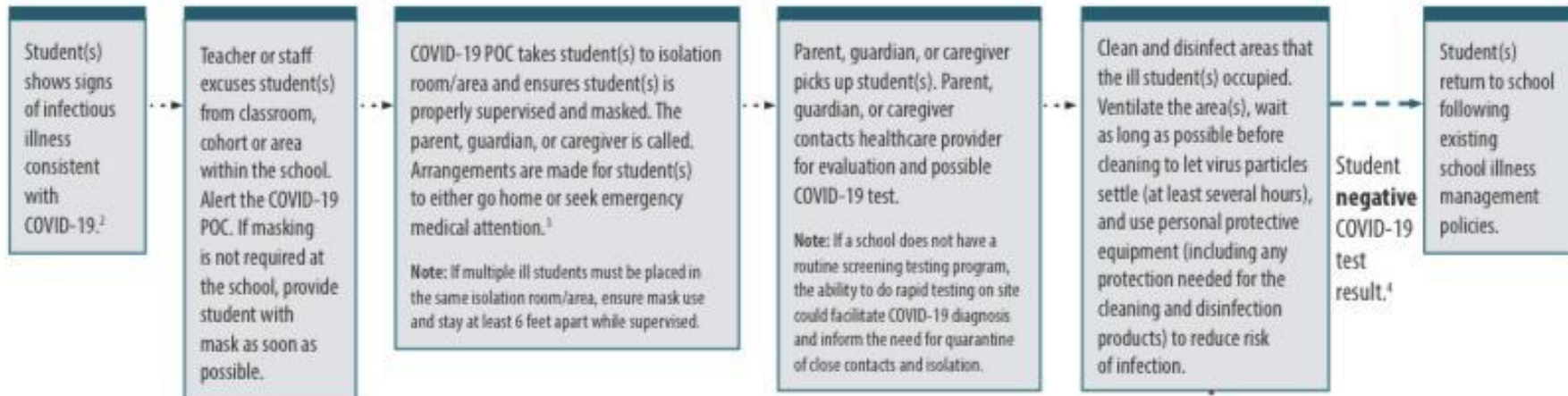
Definition of COVID-19 Compatible Symptoms

The NJDOH recommends that students with the following symptoms be promptly isolated from others and excluded from school:

- At least **two** of the following symptoms: fever, chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion, or runny nose: **OR**
- At least **one** of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, or taste disorder.

For students with chronic illness, only new symptoms or symptoms worse than baseline are used for ill symptom-based exclusion criteria.

WHAT TO DO IF A STUDENT BECOMES SICK OR REPORTS A NEW COVID-19 DIAGNOSIS AT SCHOOL¹



Note: COVID-19 POC = the designated point of contact (a staff person that is responsible for responding to COVID-19 concerns, such as director)

¹Scenario based on geographic area with community transmission of SARS-CoV-2 the virus that causes COVID-19.

²The most common symptoms of COVID-19 in children include fever or chills, cough, nasal congestion or runny nose, new loss of taste or smell, shortness of breath or difficulty breathing, diarrhea or vomiting, stomachache, tiredness, headache, muscle or body aches, and poor appetite or poor feeding (especially in babies under 1 year old).

³Schools that do not have a universal mask requirement could require masking by students, teachers, and staff if they are experiencing onset of upper respiratory infection symptoms at school while waiting to be picked up or leave the school.

⁴With no known close contact.

⁵Close contact is defined as someone who was within 6 feet for a total of 15 minutes or more within 2 days prior to illness onset, regardless of whether the contact was wearing a mask. See exception in the definition for the exclusion of students in the K-12 indoor classroom: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>


⁶To the extent allowable by applicable laws regarding privacy.

⁷CDC guidance provides that people who are fully vaccinated and do not have COVID-19 symptoms do not need to quarantine, but should get tested after an exposure to someone with COVID-19.



Return to School Form

Form will be provided by school nurse if child is sent home with COVID-19 compatible symptoms.



Jersey City Public Schools
Student Covid Return to School

Date: _____

Dear Examining Physician,

Name of Student: _____

DOB: _____ Last day of school: _____

Date of Covid-19 Test/Result _____

Date COVID-19 Symptom Resolved: _____

May return to school: _____

Symptoms were not related to COVID-19 _____

If NOT related to COVID-19 Diagnosis: _____

May return to school: _____

After having acknowledged COVID-19 Compatible Symptoms, and as the examining PCP, I certify and attest that the above-named student was seen and treated and that the symptoms were not related to COVID-19 and the student has a negative COVID-19 test result.

Therefore, by signing below, I release the above-named student to resume full participation in school activities.

Physician's Signature:

Please Print Name/Stamp

Office Address and Phone

WHAT IS CONTACT TRACING?

- Contact tracing is used to identify and notify all known contacts of a confirmed case of COVID-19. The goal is to stop the spread of this disease by finding and isolating confirmed cases and support self-quarantine of all persons with known close contact who are at higher risk of becoming infected themselves.
- The District has in place a Contact Tracing Response Team. The team adheres to the recommendation from the NJ Department of Education, the CDC, and the Jersey City Department of Health and Human Services.
- The District Nurses in the Medical Department in Human Resources, the School Nurse Coordinator and the Building School Nurses have been trained as contact tracers to communicate with the Jersey City Public School students or staff who have tested positive for COVID-19 or have potentially come in contact with someone who tested positive.

WHO IS CONSIDERED A CLOSE CONTACT IN CONTACT TRACING?

- **Close Contact:** A person who was in contact with an infected individual within 6 feet for a cumulative total of 15 minutes or more over a 24 hour period. This exposure must occur when the infected person is considered to be infectious which begins 2 days prior to symptom onset, or specimen collection for asymptomatic cases.

Contact Tracing: Do your part to keep your family, friends, and community safe.

WHAT YOU CAN EXPECT TO HAPPEN DURING CONTACT TRACING IF YOU HAVE BEEN DIAGNOSED WITH COVID-19.

1

If you have been diagnosed with COVID-19, a public health worker will call you to check on your health.



They will ask you who you've been in contact with and where you spent time while you were sick and may have spread COVID-19 to others.

Any information you share with public health workers is **CONFIDENTIAL**.

This means that your personal and medical information will be kept private.

2

You will also be asked to **stay at home and self-isolate**, if you are not doing so already.

Self-isolation means **staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.**

Self-isolation helps slow the spread of COVID-19 and can keep your family, friends, and community safe.

3



If you need support or assistance while self-isolating, the health department or a local community organization may be able to provide assistance.

Continue to monitor your health. **If your symptoms worsen or become severe, you should seek medical care.** Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

WHAT IS ISOLATION?

- **Isolation for an Infected COVID- positive symptomatic case:** Self isolation for 10 days from symptom onset and for at least 24 hours have passed since resolution of fever without the use of fever- reducing medications and improvement of symptoms.
- **Isolation for COVID- positive asymptomatic case:** Persons who test positive for COVID-19 but who have not had any symptoms should self isolate until 10 days have passed since the date of specimen collection and with no subsequent illness. If symptoms develop after testing positive, they should follow the guidance for COVID-positive symptomatic cases.

WHAT IS SELF QUARANTINE?

- Self-quarantine is when a close contact is instructed to stay at home and monitor for symptoms for 14 days since their last close contact with someone with COVID-19;
- If symptoms develop during quarantine, the close contact should consult a healthcare provider and seek testing as advised by their healthcare provider.

CONTACT TRACING: WHAT TO EXPECT IF YOU MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

1

If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to COVID-19.

Any information you share with public health workers is **CONFIDENTIAL**. This means that your personal and medical information will be kept private.



You should stay at home and **self-quarantine for 14 days**, starting from the last day you were possibly exposed to COVID-19.

Self-quarantine means **staying home, monitoring your health, and maintaining social distancing** (at least 6 feet) from others at all times.



The best way to protect yourself and others is to **stay home for 14 days if you think you've been exposed to someone who has COVID-19**. Check your **local health department's website** for information about options in your area to possibly shorten this quarantine period.

2

3

The **public health worker can provide information** about COVID-19 testing in your area.

If you need **support or assistance** with self-quarantine, your health department or community organizations may be able to provide assistance.



You should **take your temperature twice a day**, watch for fever and other symptoms of COVID-19, and notify your health department if you develop symptoms.



4

5



If you become ill during the 14 days of self-quarantine, you should notify the health department and seek medical care if your symptoms worsen or become severe. Emergency warning signs include **trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds**, depending on skin tone.

We can all work together to help slow the spread of COVID-19.

Do your part to keep your family and your community safe: **Answer the call to slow the spread.**



3 Key Steps to Take While Waiting for Your COVID-19 Test Result

To help stop the spread of COVID-19, take these **3 key steps NOW** while waiting for your test results:

1 Stay home and monitor your health.

Stay home and monitor your health to help protect your friends, family, and others from possibly getting COVID-19 from you.

Stay home and away from others:

- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19, such as older adults and people with other medical conditions.
- If you have been in **contact** with someone with COVID-19, stay home and away from others for 14 days after your last **contact** with that person.
- If you have a fever, cough or other symptoms of COVID-19, stay home and away from others (except to get medical care).



Monitor your health:

- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Tiredness
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea



2 Think about the people you have recently been around.

If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. While you wait for your COVID-19 test result, think about everyone you have been around recently. This will be important information to give health workers if your test is positive.

Complete the information on the back of this page to help you remember everyone you have been around.

3 Answer the phone call from the health department.

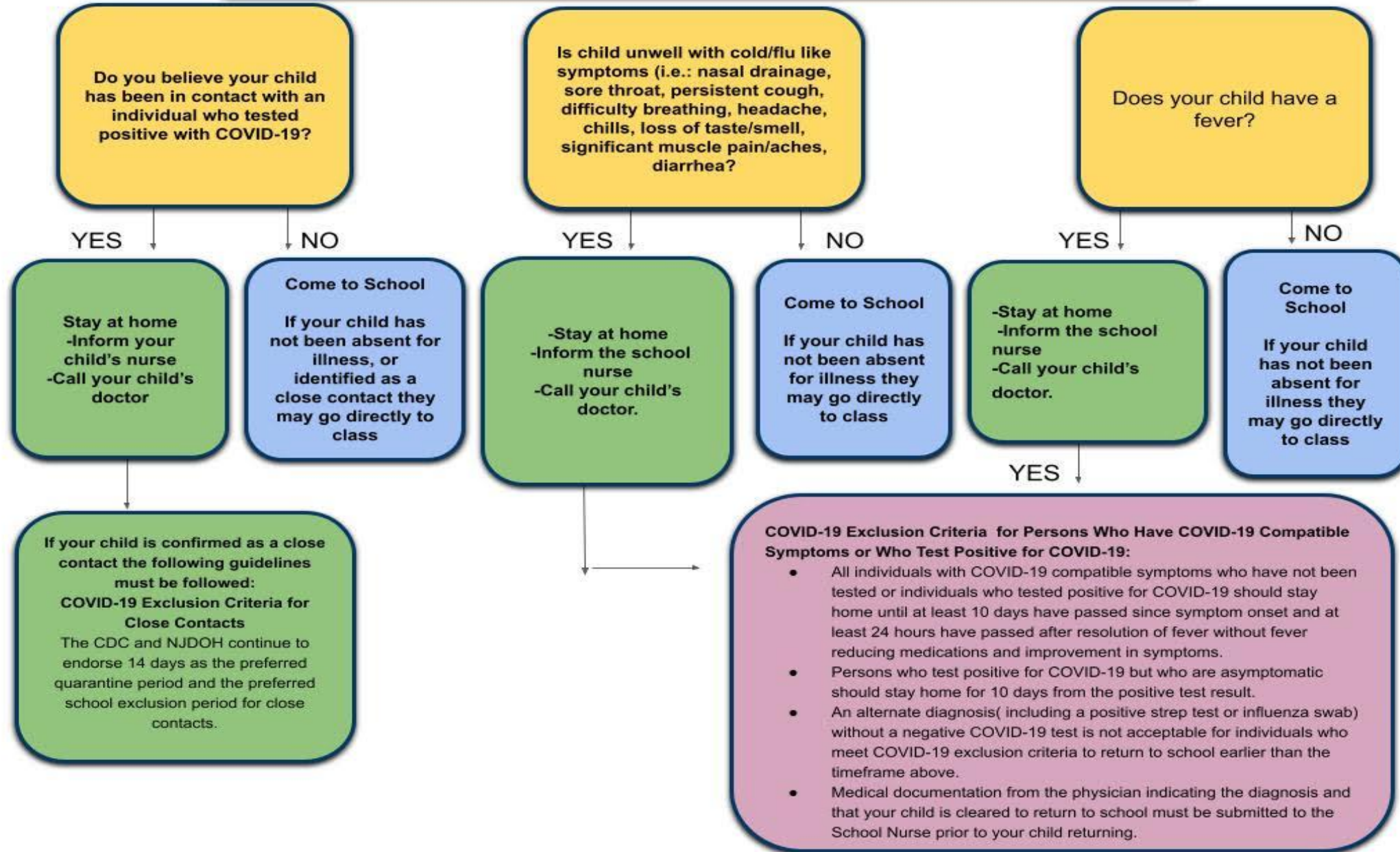
If a public health worker calls you, answer the call to help slow the spread of COVID-19 in your community.

- Discussions with health department staff are **confidential**. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.
- Your name will not be shared with those you came in **contact** with. The health department will only notify people you were in close **contact** with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Can my child go to school today?



WHEN TO STAY HOME

DON'T FEEL WELL? STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school



cough



Shortness of breath
or problem breathing



chills



sore throat



loss of taste
or smell



muscle pain

MORE INFORMATION

OTHER SYMPTOMS INCLUDE:

*fever, runny nose, diarrhea, feeling nauseous
or vomiting, feeling tired, headache,
and poor appetite*



cdc.gov/coronavirus

DOMESTIC TRAVEL

CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel

RECOMMENDATIONS AND REQUIREMENTS

Not Vaccinated

Fully Vaccinated

Get tested 1-3 days before travel



Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.



Self-monitor for symptoms



Wear a mask and take other precautions during travel



cdc.gov/coronavirus

CS323515-A 04/02/2021

As of 8/10/21

INTERNATIONAL TRAVEL

CORONAVIRUS DISEASE 2019 (COVID-19)

International Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



cdc.gov/coronavirus

CS323515-A 04/02/2021

As of 8/10/21

VACCINATION FOR COVID-19 (FOR STUDENTS)

- The Jersey City Public Schools continues to work closely in a partnership with the City and the Jersey City Department of Health in providing vaccination in an effort to provide a safe environment for all. At this time the Pfizer COVID-19 Vaccine is the only one available for 12 year olds and older.
- FDA has approved the Pfizer COVID-19 Vaccine for children 16 years old and above.
- Vaccination is available throughout the city at various locations

VACCINATION COVID-19 FOR STAFF

- According to Executive Order NO. 253, all workers must provide adequate proof that they have been fully vaccinated or submit to COVID-19 testing at minimum one to two times weekly. This requirement shall take effect on October 18, 2021, at which time any covered worker that have not provided adequate proof that they are fully vaccinated must submit to a minimum of weekly or twice weekly testing on an ongoing basis until fully vaccinated.

1 of 1 | What to Expect after Getting a COVID-19 Vaccine

The COVID-19 shot may cause side effects in some people. Side effects should go away in a few days.

COMMON SIDE EFFECTS

On the arm where you got the shot:

- Pain
- Redness
- Swelling

In the rest of your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Nausea



Ask the facility healthcare provider (or facility staff) for help if:

- The redness or pain where you got the shot gets worse after 24 hours
- Your side effects are worrying you
- Your side effects do not seem to be going away after a few days

HELPFUL TIPS

If you have pain, headache, or fever, ask a healthcare provider (or facility staff) if you can have medicine.

If you are sore where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or move your arm gently

If you have a fever:

- Drink a lot of water
- Get plenty of rest
- Dress lightly



REMEMBER

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

Some COVID-19 vaccines need 2 shots to work. You should get the second shot even if you have side effects after the first shot, unless a doctor tells you not to.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.



Even after your COVID-19 vaccination, when you are in a correctional facility, it's important to continue wearing your mask, try to stay at least 6 feet away from others as much as possible, and wash your hands often.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

TESTING

- The District is working with the Health Department and other companies who offer testing services to provide onsite COVID-19 testing for students. The testing will require parental consent.
- At present testing is available at various locations throughout the city. The following website provides the website to find the locations and the hours of operation. <https://jerseycitynj.gov/CityHall/health/covidtesting>

IMMUNIZATIONS

- All immunizations must be up to date upon entering school September 9, 2021. Many parents felt that since the District was virtual during the 2020-2021 school year, immunization compliance was not required. However, the State of NJ did not provide a waiver for immunizations. On September 9th, 2021 failure to be compliant with proof of completed immunizations to the school nurse will result in your child being excluded as per NJ State regulations.
- Vaccination for COVID is not mandatory but if your child received a Covid vaccine, or completed the series, please forward that information to your school nurse.

PHYSICALS

- All students that transfer or register for the first time into the Jersey City Public School are required to have a physical within 30 days of registration.
- Physical Examination Forms are available on the District website under Resources for parents.
- Completed Physicals should be forwarded to the school nurse as soon as completed. This includes all sports physicals.

MEDICATION

- If your child requires medication to be administered during the school day, it must be brought in the original prescription container/box; with current dated physicians orders with specific route and times to be administered. Please remember only the school nurse or parent/guardian can administer medication in school.
- Medication Administration forms to be completed by your child's doctor are available on the District website under Resources for Parents.

MEDICATION

- Available on the District website under Resources for Parents are the Food Allergy Forms, Seizure Action Care Plans and the Asthma Action Care Plans for your child's doctor to complete.
- The parent/guardian is responsible for transporting the medication to the school nurse.
- No medication can be administered without a current physician's order. This includes over the counter medications.

ABSENTEE NOTES

- All physicians notes for absence must be returned to the school nurse upon return to school.
- If your child was sent home from school related to COVID symptoms, you must have the doctor complete the COVID Return to School form that was given to you by the school nurse.

GYM EXCUSES

- All gym restrictions from physicians shall be forwarded to the School Nurse as soon as possible. There should be a specific timeframe for the restrictions to begin and end along with limitations.