

**BERGEN COUNTY SPECIAL SERVICES SCHOOL DISTRICT
BERGEN COUNTY TECHNICAL SCHOOLS**

Paramus, NJ 07652

Office of Human Resources

NOTICE TO STAFF, STUDENTS & PARENTS/GUARDIANS

GUIDANCE REGARDING COVID-19 AND OTHER RESPIRATORY ILLNESSES

The Bergen County Department of Health Services recently shared guidance provided to the counties by the New Jersey Department of Health. The state is now following the CDC's approach to treating COVID-19, influenza, RSV and other respiratory illnesses in a similar manner. **There is no longer guidance that is specific to COVID-19.**

- People who experience "symptoms of a respiratory virus" are no longer required to get tested.
- Rules about exclusion from school/work for people who experience "symptoms of a respiratory virus" no longer depend on test results.
- Staff and students (parents/guardians) are expected to self-assess and stay home from work/school if they experience "symptoms of a respiratory virus" (which can include: fever or feeling feverish, chills, fatigue (tiredness), cough, runny nose, headache, chest discomfort, decrease in appetite, diarrhea, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing).
- If someone stays home from work/school due to "symptoms of a respiratory virus", they can return when:
 - ✓ They have been fever-free for 24 hours without fever reducing medication; and
 - ✓ Their symptoms are improving, which means they no longer feel ill (any remaining symptoms, such as cough or runny nose are mild or infrequent) and they are able to participate comfortably in activities as they did before they were ill.
- Judgment about when someone can return to work/school is left to the individual. No medical evaluation or test results are required.
- When a person returns to work or school after staying home due to "symptoms of a respiratory virus", they should follow these additional precautions for the next five (5) calendar days when they are around other people, indoors:
 - ✓ Wearing a well-fitting mask;
 - ✓ Practice physical distancing; and
 - ✓ Practice good hand hygiene and respiratory etiquette.

These are recommended "best practices", rather than mandates.

- If a person returns to work/school after symptoms improve, but then experiences a fever again, they should stay home again until fever-free for 24 hours, and then take the additional precautions as described above for the next five (5) calendar days after they return.
- If a person tests positive for a respiratory virus but does not experience symptoms, they should take the added precautions as described above for five (5) calendar days after the date they took the test when they are around other people, indoors.