



# A Message from the School Nurses

Department of Student Health Services  
Paramus Public Schools

February 2021

Dear Parents, Guardians, and Caregivers:

We hope this letter finds your family well. We are so happy to have our students back in school. Please review and become familiar with the following updates regarding our Covid-19 protocols for in-person learning. Since Bergen County continues to be at the High Risk (Orange) level, we will continue to follow COVID-19 exclusion criteria and recommendations for schools that remain open during this time. Along with following guidance from the Paramus Health Department and NJ Department of Health for K-12 Schools, it is at the discretion of the Paramus School Nurses, Administration, and Board of Education to exceed the recommendations and enforce these protocols in order to maintain the safest environment for students and staff.

**Students experiencing ANY of the following COVID-19 compatible symptoms must stay home** and consult with their medical provider on whether to be tested for COVID-19 or complete the 10 day isolation period before returning to school. A purely clinical alternative diagnosis is no longer acceptable, as it may not be possible to distinguish between COVID-19 and other illnesses without testing.

## **COVID-19 Compatible Symptoms**

Chills	Runny Nose	Fever (100 degrees or greater)
Rigors (Shivers)	Congestion	Cough
Myalgia (Muscle Aches)	Sore throat	Shortness of breath
Fatigue	Nausea	Difficulty breathing
Headache	Vomiting	New loss of taste and/or smell
	Diarrhea	

- **Students with [COVID-19 compatible symptoms](#)** should stay home until:
  - At least 10 days have passed since onset of symptoms, and symptoms have resolved for at least 48 hours **OR**
  - Documentation of a negative COVID-19 test is provided to school and infectious symptoms have resolved for at least 48 hours. Non-infectious symptoms (such as loss of taste or smell) and positive Covid-19 test results can occur for several weeks to months after recovering from Covid-19. Unless there is a second occurrence of illness/symptoms, there is no need for further isolation or testing since the person is not infectious to others.
  - As long as the community Covid level remains at High Risk (Orange), **an alternate diagnosis will not be accepted for return to school.**
- **Siblings** of students with [COVID-19 compatible symptoms](#) cannot return until:
  - At least 14 days from the onset of the sibling's symptoms **and** as long as they
  - Have not experienced any COVID-19 compatible symptoms **or**
  - Symptomatic sibling has documentation of a negative COVID-19 test.

- Students who [test positive for COVID-19](#), but who are asymptomatic (have no symptoms) must stay home for 10 days from the positive test result.
- Students who are awaiting results of a COVID test due to symptoms or travel MUST STAY HOME UNTIL A NEGATIVE RESULT IS RECEIVED.
- Students who have been identified as a close contact or have had a known exposure to an individual who tested positive for COVID must quarantine for 14 days after the exposure.
- If [anyone living in your house has COVID-19 compatible symptoms or is being tested for COVID-19](#), EVERYONE must stay home and quarantine until the result is known.
- If [your family has traveled to a country, state, or territory on the NJ Travel Advisory list](#), your child(ren) needs to remain in quarantine for:
  - 10 days following the day of your return or
  - 7 days with a documented negative test result 3-5 days after the trip.
- Whether staying home with symptoms or a quarantine, household members should be separated by room, use separate items and bathrooms. **Anyone quarantining should not come onto any Paramus school campus or public site, as well as engage in any after school sports or activities.**

As has been emphasized in numerous messages that have been sent by Superintendent Adams, **public health is a shared responsibility.** We all play a critical role in protecting our students, staff, and community from exposure to this virus, as well as avoiding unneeded disruptions to the learning experience routines of others. **If your child is not feeling well, they must stay home and you must contact your school nurse.** Students will be able to continue participating virtually in lessons and assignments during live streaming with their classes.

For questions, please contact your Certified School Nurse:

- Lisa Lottermann, Paramus High School: [lloettermann@paramusschools.org](mailto:lloettermann@paramusschools.org) Ext.3056
- Nancy Fox, West Brook Middle School: [nfox@paramusschools.org](mailto:nfox@paramusschools.org) Ext. 8222
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**The health and well-being of students and staff is always the district's highest priority and we thank you in advance for your continued support and cooperation.**

Sincerely,  
*Your School Nurse*