

Staying Home and Exclusion Policies

Students and staff should stay home when sick, if they test positive for COVID-19, or if they had close contact with a person with COVID-19 and [meet the criteria for quarantine](#). Parents and caregivers should monitor their children for signs of illness.

Regardless of vaccination status, individuals who test positive or have COVID19 symptoms who have not been tested and do not have an alternative diagnosis from their healthcare provider should:

- Stay home for at least 5 full days after the onset of symptoms or if asymptomatic after the positive test
- If they have no symptoms or symptoms are resolving after 5 days, they can leave their home, but for an additional 5 days, should wear a mask around others (indoors and outdoors).
- For these additional 5 days, schools should have a plan to ensure adequate distance during those activities (i.e., eating) when mask wearing is not possible. Time without a mask being worn should be kept to the minimum possible.
- On days 6-10, limit participation in extracurricular activities to only those activities where masks can be worn consistently and correctly.

Exposed close contacts who have no symptoms in the following groups do NOT need to quarantine or be excluded from school:

- Age 5-11 years and completed the primary series of COVID-19 vaccines.
- Age 12 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- Had confirmed COVID-19 within the last 90 days (tested positive using a viral test).

Everyone should:

- Wear a well-fitting mask around others for 10 days from the date of their last close contact with someone with COVID-19
- Monitor for symptoms, and get tested at least 5 days after having close contact with someone with COVID-19 unless they have recovered from COVID-19 in the last 90 days
- On days 6-10, limit participation in extracurricular activities to only those activities where masks can be worn consistently and correctly.

Exposed close contacts who have no symptoms in the following groups should be excluded from school:

- Individuals who are not fully vaccinated
- Individuals 12+ who completed the primary series of a recommended COVID-19 vaccine, but have not received a recommended booster shot when eligible.

For more details, refer to [NJ DOH's Health Recommendations for K-12 schools](#).