

# Rutgers-Livingston Day Care Center



NJ's First Nationally Accredited Early Childhood Program

## Notice to Families

The health, safety and well-being of our families and staff are our highest priorities. To protect everyone in our community during the ongoing pandemic, we ask that families be particularly cautious and avoid sending your child to R-LDCC with any symptoms of illness.

We are following the guidance of the CDC, the NJ DOH, and the NJ DCF as we navigate the pandemic. As local guidelines change, this policy will be updated.

**If you, your child, or anyone in your household (1) tests positive for COVID-19, or (2) has been a “close contact\*\*” of someone who has tested positive, or (3) exhibits any of the symptoms below, please keep your child home from R-LDCC and notify us immediately so we can follow the appropriate guidance to protect our families and staff. We will keep your child and family’s identity confidential.**

### **Symptoms:**

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

\*\*The CDC defines a ‘close contact’ as anyone who was within 6 feet of a COVID-19 infected person for a total of 15 minutes or more over a 24-hour period. For our purposes, anyone in a household where someone has tested positive for COVID-19 counts as a close contact, as does anyone in the classroom of a child who has tested positive.

### **Travel**

As the holiday season approaches, this is a reminder that the CDC recommends that travel be delayed for those who are not fully vaccinated, which as of today includes all of our children.

- If travel cannot be delayed, domestic and international travelers who are not fully vaccinated should get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel, even if they test negative.
- If testing is not completed post-travel, individuals should self-quarantine for 10 days

Thank you for working with us to keep our community healthy!

## Next Steps When a Family or Staff Member Reports Symptoms, a Positive COVID-19 Test, or a Close Contact

Individuals who:	Should stay home and away from others until:
Have <b>symptoms of COVID-19 AND</b> <ul style="list-style-type: none"> <li>• <b>have tested positive</b> (by PCR, rapid molecular or antigen testing) <b>OR</b></li> <li>• <b>have not been tested</b> (i.e. monitoring for symptoms at home) *</li> </ul>	<ul style="list-style-type: none"> <li>• At least 10 days have passed since their symptoms first appeared <b>AND</b></li> <li>• They have had no fever for at least 24 hours (one full day without the use of medicine that reduces fever) <b>AND</b></li> <li>• Symptoms have improved (e.g. cough, shortness of breath)</li> </ul>
Have <b>NO symptoms and have tested positive</b>	<ul style="list-style-type: none"> <li>• 10 days have passed from the collection date of their positive COVID-19 diagnostic test <b>AND</b> they have not developed symptoms.</li> </ul>
<b>Have symptoms and have tested negative</b>	24 hours after their fever has ended without the use of fever reducing medications and other symptoms improve.
Are identified as a <b>close contact</b> of a case <sup>1</sup>	<ul style="list-style-type: none"> <li>• Close contacts of a COVID-19 case should be excluded until the <b>exclusion criteria</b> for a close contact has been met even if the <b>close contact</b> tested negative.</li> </ul>

Source: NJ DCF ([https://www.nj.gov/dcf/news/COVID\\_guidance\\_reopening\\_childcare.pdf](https://www.nj.gov/dcf/news/COVID_guidance_reopening_childcare.pdf)), 5/26/2021

The CDC defines a ‘close contact’ as anyone who was within 6 feet of a COVID-19 infected person for a total of 15 minutes or more over a 24-hour period.

At this time, an unvaccinated person who is a “close contact” of someone with COVID-19 must stay home for 14 days after being exposed, even if the close contact has tested negative.<sup>1</sup>

Per CDC guidance, a vaccinated person who is a “close contact” of someone with COVID-19 should get tested 3-5 days after their exposure, even if they don’t have symptoms. They should also wear a mask indoors in public for 14 days following exposure or until their test result is negative. They should isolate for 10 days if their test result is positive.<sup>2</sup>

*This document summarizes guidance from the Centers for Disease Control and New Jersey Department of Children and Families. For complete information, please refer to the guidance from these agencies, which is updated regularly.*

<sup>1</sup> This rule is based on DCF guidelines ([https://www.nj.gov/dcf/news/COVID\\_guidance\\_reopening\\_childcare.pdf](https://www.nj.gov/dcf/news/COVID_guidance_reopening_childcare.pdf)) under the current COVID-19 “risk level” in Middlesex County as of October 2, 2021.

<sup>2</sup> CDC (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>), Sept. 16, 2021.