

September 6, 2023

Dear Parent/Guardian,

Welcome back to school.

Please read the following update on COVID guidelines for the 2023-24 school year.

The CDC continues to no longer recommend individual case investigation and contact tracing. The health office will therefore not be contacting you of individual positive cases or possible exposure.

With that being said, if the school nurse suspects your child is at risk or identifies a cluster of cases, you will be notified and provided guidance. If a COVID outbreak is suspected, or an outbreak of any communicable disease, the nursing supervisor will work with the local health department to determine if there is an outbreak and to provide guidance as to a response.

If your child has been exposed to COVID-19, either in or outside of school, we encourage you to watch for any symptoms of COVID-19 in your child for 10 days from exposure.

Symptoms could include any of the following:

- Fever of 100.4°F / 38°C or higher
- New or worsening cough
- Shortness of breath/difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New taste or smell disorder
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child develops any **symptoms of COVID-19**, please notify your school nurse and contact your child's doctor for evaluation and/or testing, and keep your child home from school, childcare, and activities.

If your child has a **positive COVID-19** test result, please keep your child home from school and **notify your school's health office** for isolation and return to school dates.

Regardless of vaccination status the CDC is not recommending quarantining as a close contact. If you want to err on the side of caution, instead of quarantining, the CDC and NJDOH are recommending you to wear a high-quality mask for 10 days and get tested on day 5.

If you have any additional questions or concerns, please do not hesitate to contact me.

The health and safety of the Clark Schools community is our number one priority.

Thank you,

Lori Kowalski, RN, MPH, CSN

Supervisor of School Nursing and Wellness/CHK School Nurse