



Middle Township High School

300 E. Atlantic Ave.

Cape May Court House, New Jersey 08210-2499

Telephone (609) 465-1852

Fax (609) 465-9430

www.middletp.k12.nj.us

Principal: Dr. Sharon Boninger

Important Information from the Health Office

1. **Symptom Assessments:** For the health and safety of our staff and students please monitor your student daily for the following symptoms: fever, cough, shortness of breath, chills/shivering, muscle pain, headaches, sore throat, new loss of taste and smell, diarrhea, stuffy or runny nose, and nausea. If your student is experiencing any of these symptoms, please keep them home from school. If you are uncertain, please be cautious and keep your child home.
2. **Masks:** Per recent NJ State order, students and staff will be required to wear a mask at all times while on the bus and in the school building, regardless of social distancing. If your student is unable to comply with this due to a medical condition, we require a doctor's note with a diagnosis as to why they cannot wear a mask. Each case will be reviewed by school officials. Cloth masks should be washed regularly.
3. **Immunizations:** The New Jersey Department of Health (NJDOH) will not waive vaccine requirements nor will there be any extensions for the upcoming school year. Students will be expected to comply with all vaccine requirements prior to attending virtually or in-person at a New Jersey child care, preschool or school.
4. **Respiratory Treatments:** There will be no nebulizer treatments given in school this year per NJDOH Guidelines. Respiratory treatments will be inhalers with the use of a spacer. This is due to the aerated droplets emitted with nebulizer use and potential risk of viral transmission.
5. **Quarantine Guidelines:** Symptoms of COVID-19 are similar to many other upper respiratory infections as well as allergies. Precautions are necessary in the school setting so please be patient and understanding if your student is sent home with symptoms. NJ DOH mandates we follow the following guidelines:

10 days isolate with symptoms: Isolate at home for 10 days starting at the onset of symptoms. You must be fever-free for 24 hours without fever-reducing medication AND symptom-free before returning to school.

14 days isolate without symptoms but exposed (close contact) to a household member, classmate, or staff member who tests positive for COVID-19. For these exposures, isolate at home for 14 days, as it may take 2-14 days for symptoms to appear. (A negative COVID test does not negate the isolation period).

Quarantine guidelines are subject to change per CDC and NJDOH review and recommendation.

Thank you for your understanding during these unprecedented times. We will do our best to keep our students and staff safe and healthy.



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George West *Brad MacLeod* *Rachelle Quick* *Dr. Sharon Rementer*
Principal *Asst. Principal* *Asst. Principal* *Athletic Director*

Información importante de la Oficina de Salud

- Evaluación de síntomas:** Para la salud y seguridad de nuestro personal y estudiantes, por favor monitorear a su estudiante diariamente para detectar los siguientes síntomas: fiebre, tos, dificultad para respirar, escalofríos / escalofríos, dolor muscular, dolores de cabeza, dolor de garganta, pérdida del gusto y del olfato, diarrea, congestión o secreción nasal y náuseas. Si su estudiante está experimentando alguno de estos síntomas, por favor déjelo en casa y no envíe a la escuela. Si no está seguro, tenga cuidado y mantenga a su hijo en casa.
- Máscaras:** según una orden reciente del estado de NJ, los estudiantes y el personal deberán usar una máscara en todo momento mientras estén en el autobús y en el edificio de la escuela, independientemente del distanciamiento social. Si su estudiante no puede cumplir con esto debido a una condición médica, solicite una nota del médico con un diagnóstico de por qué no puede usar una máscara. Cada caso será revisado por los funcionarios de la escuela. Las máscaras de tela deben lavarse con regularidad.
- Vacunas:** El departamento de salud no hará excepciones para las vacunas de los estudiantes ni se extenderá el tiempo para obtenerlas antes de comenzar en la escuela. Estudiantes que hagan todas las clases virtuales desde casa también son requeridos a proveer a la escuela evidencia de vacunas aunque no estén dentro de la escuela.
- Respiratory Treatments:** Según las reglas de NJDOH no podemos darle a su hijo un tratamiento de nebulizador en la escuela al momento. Puede enviar un inhalador con su spacer si su hijo tiene asthma con una orden del doctor. Esto es debido a que el riesgo de contagio es mucho mayor si se utiliza los tratamientos de nebulizador.
- Guías para la cuarentena:** Los síntomas de covid 19 son similares a otros catarros y alergias. PRECAUCIONES SON NECESARIAS EN LA ESCUELA Por favor sea paciente y trate de entender si su hijo es enviado a casa con alguno de los síntomas. El Departamento de Salud de Nueva Jersey exige que sigamos las siguientes pautas:
- días de aislamiento sin síntomas:** Aislar en el hogar durante 10 días a partir del inicio de los síntomas. Debe estar libre de fiebre durante 24 horas sin medicamentos para reducir la fiebre Y sin síntomas antes de regresar a la escuela. los síntomas pueden tardar entre 2 y

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7. **días en aparecer:** (Una prueba COVID negativa no anula el período de aislamiento). Las pautas de la cuarentena están sujetas a cambios según la revisión y recomendación de los CDC y NJDOH.

Gracias por su comprensión durante estos tiempos sin precedentes. Haremos nuestro mejor esfuerzo para mantener a nuestros estudiantes y personal sanos y salvos.

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**MIDDLE TOWNSHIP SCHOOL DISTRICT
SCHOOL HEALTH SERVICES**

School Health Services are provided to promote health and wellness in our students. Throughout the school year, there are a number of screenings that are done on students including height, weight, vision, hearing, and scoliosis. If you wish to be present at any of the screenings please call 465-1834 ext. 4006, so an appointment can be scheduled with the nurse.

It is no longer required to administer physical exams at school. The State of New Jersey recommends that your child have a complete physical by your family physician one time during each of the following developmental stages: preschool – grade 3, grades 4 – 6, and grades 7 – 12. The district will provide sport physicals for those students in grades 6 – 12 that do not have health insurance. Please notify the nurse's office if you anticipate that your child will be participating in sports and will need to have a physical here at school. All forms required for participation in sports can be downloaded at www.middletp.k12.nj.us/middleschool/athletic-forms/.

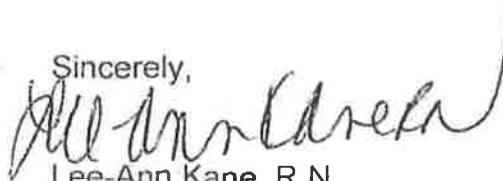
Please keep this office informed of any injuries or illnesses that your child may have had during the summer or may have throughout the school year. Also, if he or she has had any recent immunizations, please provide a physician's note as to the type of shot given.

In the event that your child may need medication dispensed during the school day, a physician's written request is mandatory. The School Board policy on distribution of medication at school is included with the Health Services packet.

It is also important to notify the school when your child will be absent. Please call 465-1834 ext. 4050 in the morning to report an absence. A written note should also accompany your child when he/she returns to school.

Any family in need of an application for NJ Family Care Health Insurance may also contact the health office. All calls to this office in order to address concerns about your child or the Health Services that are provided are welcome. I hope you and your child have a happy, healthy, and productive year.

Sincerely,



Lee-Ann Kane, R.N.
School Nurse