COVID-19 Policy

Updated July 12, 2022

This policy is based on what is currently known about the transmission and severity of COVID-19 and is subject to change as additional information becomes available and/or the University implements policy updates. This policy applies to the children enrolled in the Rutgers Psychology Child Development Center programs and the Scarlet KIDS Summer Camp Program.

To support and prioritize uninterrupted, full-time, in-person program participation, our policy has moved from an individual case-based response strategy to a transmission mitigation strategy, where the risk of the whole program community, including the risk of interruptions to participation, is considered. Vaccinations, including booster doses for those eligible, remain the best defense against COVID-19. Testing (e.g., Test to Stay) programs will be used for unvaccinated asymptomatic program participants as an alternative to exclusion from the preschools and camp.

Infographics to communicate our Isolation, Quarantine, and Test to Stay policies can be found on pages 8-10

Quarantine and Isolation

<table>
<thead>
<tr>
<th>Quarantine</th>
<th>Isolate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If you were exposed</strong></td>
<td><strong>If you are sick or test positive</strong></td>
</tr>
<tr>
<td>Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.</td>
<td>Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.</td>
</tr>
</tbody>
</table>

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

<table>
<thead>
<tr>
<th>IF YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations</th>
<th>Quarantine for at least 5 days</th>
<th>After quarantine</th>
<th>Take precautions until day 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stay home</strong></td>
<td>Watch for symptoms</td>
<td>Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</td>
<td></td>
</tr>
<tr>
<td><strong>Stay home and quarantine for at least 5 full days.</strong></td>
<td>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</td>
<td>Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</td>
<td></td>
</tr>
</tbody>
</table>

Wear a well-fitting mask if you must be around others in your home.

Do not travel.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Avoid travel

It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

If you must travel during days 6-10, take precautions.

Avoid being around people who are more likely to get very sick from COVID-19.
IF YOU were exposed to COVID-19 and are up to date on COVID-19 vaccinations

No quarantine
You do not need to stay home unless you develop symptoms.

Get tested
Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions if traveling
Avoid being around people who are more likely to get very sick from COVID-19.

Take precautions until day 10
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

Take precautions until day 10
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

Take precautions if traveling
Avoid being around people who are more likely to get very sick from COVID-19.

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine
You do not need to stay home unless you develop symptoms.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions if traveling
Avoid being around people who are more likely to get very sick from COVID-19.

Household Contacts
Household contacts who can’t isolate away from a household member with COVID-19 should start their quarantine period on the day after the household member would have completed their 10-day isolation period, UNLESS the household member is able to consistently wear a well-fitted mask in the household through day 10, in which case the quarantine period would start on the day after the household member completes their 5-day isolation period.
Calculating Isolation
Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

<table>
<thead>
<tr>
<th>IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status</th>
<th>Stay home for at least 5 days</th>
<th>Ending isolation if you had symptoms</th>
<th>Take precautions until day 10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stay home for 5 days and <strong>isolate</strong> from others in your home.</td>
<td><strong>End isolation after 5 full days</strong> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</td>
<td>Wear a well-fitting mask inside your home or in public. Do not go to places where you are unable to wear a mask.</td>
</tr>
<tr>
<td></td>
<td>Wear a well-fitting mask if you must be around others in your home.</td>
<td><strong>Do not travel</strong>.</td>
<td><strong>Avoid being around people who are more likely to get very sick from COVID-19.</strong></td>
</tr>
</tbody>
</table>

**DEFINITIONS**

**Exposure**
Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

**Close Contact**
A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.
**Vaccinations**

Vaccination, including booster shots, remains the most critical strategy to protect children and staff and reduce interruptions in program participation. Rutgers requires anyone 5+ years who is eligible to be vaccinated and receive all recommended doses/booster or otherwise undergo weekly testing. Children in our preschools under age 5 are not required to be vaccinated or undergo weekly testing. Camp children who are not fully-vaccinated must complete a rapid test administered by the parent/guardian in the presence of a camp staff each Monday. Staying up to date on routine vaccinations is essential in preventing illness from many other infections.

CDC recommends that people remain up to date with their vaccines, which includes additional doses for individuals who are immunocompromised and booster doses at regular time points.

For the purpose of this policy, “up to date” with vaccination means being fully vaccinated against SARS-CoV-2 AND having received all recommended additional doses, including booster doses when eligible. “Fully vaccinated” means being at least two weeks past completion of a primary vaccination series.

Our programs are required to track vaccination status (including boosters) for all children and staff. Vaccination status is needed to determine if quarantine is indicated following a COVID-19 exposure. If we are unable to determine the vaccination status of individual children or staff, those individuals will be considered not up to date.

**Masks**

Masking continues to be an important part of the layered prevention strategies central to the prevention of SARS-CoV-2 transmission and is recommended by CDC for all individuals (age 2 years and older), including in preschool and camp when COVID-19 community levels are high. Our programs are prepared for the emergence of new variants or substantial waning immunity that could result in greater morbidity, mortality, and disruption, and require returning to additional mitigation measures.

All individuals participating in the preschool programs must wear masks when indoors, in accordance with Rutgers masking requirements.

Individuals participating in the Scarlet KIDS Summer Camp are not required to wear masks, except during the specific circumstances covered in this policy.

Individuals (including parents/guardians) should make decisions to mask, even when our policies may not require masking, based on their specific situation (e.g., if they or their family members are immunocompromised or at high risk of severe illness from COVID-19).

NJDOH recommends that preschools and camps require masks in the following circumstances:

- **During periods of elevated community transmission** – when COVID-19 Community Levels are high, NJDOH recommends universal masking for all children and staff, especially if there is difficulty incorporating other layered prevention strategies (e.g., adequate ventilation, adequate spacing of children).
- **During an active outbreak** – during an outbreak or a general increase in cases, preschools and camps should consult with their LHD as to whether short-term universal masking or masking in affected groups should be required to control the outbreak/increase in cases.
- **After returning from isolation** – children and staff who return to the program during days 6-10 of isolation should be required to mask.
- **After a COVID-19 exposure** – exposed individuals, including those not needing to quarantine, should wear a well-fitting mask for 10 days from last exposure.
- **When illness occurs in school/ECE** – children or staff who become ill with symptoms consistent with COVID-19 while in school or care should wear a mask until they leave the premises.
- **During Test to Stay** – children and staff participating in Test to Stay should mask.
- **On school transportation** – individuals who are required to wear masks in camp (e.g., days 6-10 following isolation/quarantine or while on TTS) should also wear masks on camp transportation to/from fieldtrips.
- **Individuals who are concerned about disease transmission.**
- **Activities or settings with an increased risk of transmission** – during medium (yellow) or high community levels, preschools and camps may consider implementing masking policies for activities or settings where there is increased risk of transmission.

**Physical Distancing and Cohorting**

To prevent the spread of COVID-19, as well as influenza and other respiratory viruses, minimizing crowded settings can help reduce transmission. Greater physical distances are more important when there is inadequate ventilation and in crowded indoor settings, especially in communities with high levels of circulating virus. Physical distancing may also be more important in settings in which other preventative measures, such as masking, are not in place or followed consistently by everyone.
The preschools and camp strive to maintain cohorts whenever feasible to limit the number of people who come in contact with each other as a way to minimize contacts across groups. Cohorting involves keeping people together in a small group and having each group stay together throughout an entire day, while minimizing contact between cohorts. There may be times when cohorting cannot be maintained, such as opening and closing hours when staffing is limited.

**Hand Hygiene and Respiratory Etiquette**

Our preschools and camp continue to:

- Teach and reinforce handwashing with soap and water for at least 20 seconds and increase monitoring of children and staff.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Encourage children and staff to cover coughs and sneezes with a tissue if not wearing a mask.
- Used tissues should be thrown in the trash and hand hygiene as outlined above should be performed immediately.
- Have adequate supplies including soap, hand sanitizer with at least 60% alcohol (for staff and older children who can safely use hand sanitizer), paper towels, tissues, and no-touch trash cans.
- Assist/observe young children to ensure proper handwashing.

**Cleaning, Disinfection and Airflow**

Our programs follow standard procedures for routine cleaning and disinfecting with an EPA-registered product for use against SARS-CoV-2. This means at least daily disinfecting surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

If there has been a person with COVID-19 compatible symptoms or someone who tested positive for COVID-19 in the facility within the last 24 hours, spaces they occupied will be cleaned and disinfected.

University facilities have increased ventilation in program facilities.

**Health Checks**

Parents/caregivers are required to monitor their children for signs of illness every day. Parent/guardians of preschool children are required to submit an electronic health check every day prior to entering the building. Parents/caregivers of camp children should complete a health check at home before coming to camp, but do not need to submit these electronically. By signing their child into the camp, parents/caregivers are asserting that they have completed the health check at home and have determined that their child is well and does not pose a health risk to themself or others. Children who are sick (see Exclusion below) should not attend preschool or camp in-person. Our health policy will be strictly enforced for children and staff.

**Exclusion**

Parents should not send children to our programs when sick. In accordance with NJDOH recommendations, children with the following symptoms be promptly isolated from others and excluded from program participation:

- At least two of the following symptoms: fever (measure or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose; OR
- At least one of the following symptoms: new or worsening cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder.

When illness occurs during the course of the day, children and staff with COVID-19 symptoms, regardless of vaccination or previous infection status will be separated away from others until they can be sent home.

- If a mask cannot be worn by the ill individual, other staff should be sure to wear a mask and follow maximum physical distancing guidelines (6 feet away).
- Ask ill child (or parent) and staff whether they have had potential exposure to COVID-19 meeting the definition of a close contact.
- Individuals should be sent home and referred to a healthcare provider. Persons with COVID-19-compatible symptoms should undergo COVID-19 testing regardless of vaccination status, unless an alternate diagnosis is provided by the healthcare provider.
- If COVID-19 community level is low ill individuals without potential exposure to COVID-19 should use the NJDOH School Exclusion List to determine when they may return to preschool or camp.
- If ill children have potential COVID-19 exposure OR if community is medium or high, they should continue to be excluded according to the COVID-19 Exclusion Criteria.

A doctor’s note indicating that the individual is cleared to return to preschool or camp is required. If the individual tests positive, the preschool or camp must be notified immediately and the individual should follow the recommended isolation guidelines.

**Exception:** During periods of low community levels (green), ill individuals with COVID-19 compatible symptoms who are not tested and do not have a known COVID-19 exposure may follow NJDOH School Exclusion List to determine when they may return to preschool or camp.
Interim Guidance for Implementing Test to Stay

Test to Stay (TTS) allows asymptomatic individuals who meet the criteria for quarantine to continue in-person program participation.

Traditional quarantine guidance should be used if the program does not have resources to participate in TTS, if the contact is under 2, or for individuals who are unable or unwilling to comply with masking and testing recommendations.

NJDOH recommends that all programs continue implementing layered prevention strategies based on the COVID-19 Community Level. When community transmission rates are high, TTS will not be implemented.

TTS should only be used for individuals aged 2 years or older. Children less than 2 years of age are not eligible to participate as they are not able to wear masks and no at-home antigen tests have been authorized by the FDA for use in children under 2 years of age.

Eligibility

Participation in TTS should be limited to attendees who meet the criteria for quarantine indicated above and:

- Do not have any signs or symptoms of COVID-19.
- Are not a household contact of a COVID-19 case.
- Are able to wear a mask while at the program during the 5-day TTS quarantine period followed by 5 additional days of mask use (exceptions for eating, drinking, and sleeping).
- Follow TTS protocol and testing protocol.

Test to Stay Testing Protocol

Testing may be performed using home based tests including self-tests OR at a testing location (healthcare provider) using a rapid test. If tested by a healthcare provider is used, proof of results are required. Home based/OTC rapid antigen tests must be administered by the parent or guardian on-site in the presence of a staff member. Staff cannot administer tests. Test kits are not provided by the preschools. Test kits are provided by the camp, based on supply.

Testing frequency:

- Children should be tested immediately following the notification of being a close contact. For programs conducting in-program testing, if notification occurs after program hours, the child should be tested the first program-day morning upon arrival.
- After the first negative test result, the child may continue to attend in-person and then submit to testing on day 5 after exposure.
  - If in-program testing would fall on the weekend or a program holiday based on this schedule, testing should occur in-program on Monday or the program day following the holiday.
- If the final test result is negative, no further TTS testing is required; children would continue to follow additional precautions through Day 10.
- If any child tests positive for COVID-19, the child should be immediately excluded from the program for the recommended isolation period from the date of the positive test. The program should identify the child’s in-school close contacts and if they meet the criteria for quarantine either immediately test those children for COVID-19 or exclude them from the program until they are tested. If negative, those contacts can follow TTS protocols or traditional quarantine/exclusion guidance.
- If a child develops COVID-19 symptoms, they should be excluded from the program and referred for diagnostic testing, following NJDOH guidelines for program exclusion.
- TTS may be suspended in certain outbreak settings and when community transmission rates are high.

Outbreaks

Our programs must report outbreaks or suspected outbreaks of all communicable diseases, including COVID-19, to the New Brunswick Health Department. The NBHD will work with our program to determine if there is an outbreak and provide guidance as to a response. An outbreak of COVID-19 in a preschool and camp setting is defined as three or more individuals (positive by RT-PCR or antigen) among children or staff with illness onsets within a 14-day period, who are epidemiologically linked, do not share a household, and were not identified as close contacts of each other in another setting during standard case investigation or contact tracing.

If an outbreak has been identified, we will promptly intervene to control spread while working to determine whether the outbreak originated in our program setting.

During an outbreak:

- Cohorts without a universal masking policy should consider a temporary transition to universal masking or masking in affected groups.
- We will identify and implement an appropriate testing program for children and staff at the cohort or program level depending on the extent of transmission and structure of the program (preschool vs. camp) with the guidance of the New Brunswick Health Department.
- Testing will be implemented immediately upon detection of the suspected outbreak.
- In consultation with the NBHD, additional testing may be recommended for outbreak control.
Contact Tracing and Notification

Universal case investigation and contact tracing are no longer recommended for COVID-19. Instead of contact tracing, our programs will use broad-based notification to provide timely information via email to families, children, teachers, caregivers, or staff about potential exposure and the actions they should take to remain safe and reduce transmission.

Families/staff should be sent a general notification letter concerning the date of potential exposure. Those who are up to date on COVID-19 vaccines and those who have had COVID-19 within the last 90 days should be advised that they may remain in preschool/camp, should self-monitor for symptoms, wear a mask through day 10 after exposure, and get tested after day 5.

Children/staff who are not up to date on COVID-19 vaccines and who have not had COVID-19 within the last 90 days will be advised that they should follow traditional quarantine guidance and may not return to preschool or camp for 5 days (unless they participate in a Test to Stay Program).

Close contact definition and timeframes:

Close contact is defined as being within 6 feet of someone with suspected or known COVID-19 for 15 or more minutes during a 24-hour period. In certain situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed.

Individuals would be considered exposed to someone with COVID-19 from 2 days prior to symptom onset (or positive test date if asymptomatic) and 5 days after onset.

Individuals would NOT be considered exposed during the case's additional precaution period at day 6-10.
NJDOH Protocol for Test to Stay in K–12 schools and Childcare

**Does the asymptomatic close contact require quarantine?**

Criteria for quarantine:
- NOT up to date with COVID-19 vaccines
- NOT been diagnosed with COVID-19 in the last 90 days

Remain in school without need for quarantine

**Do they meet all Test to Stay eligibility criteria?**

All of the following must be true to participate in Test to Stay

- The student is an asymptomatic close contact of someone with COVID-19 in or outside of the school setting
- The student is not a household close contact
- The student is able and willing to wear a mask
- The student is able and willing to follow the TTS protocol

Remain in school and follow Test to Stay protocol

- Obtain at least 2 negative COVID-19 rapid antigen tests*
  - Upon notification and at 5 days post COVID-19 exposure with the close contact
  - Home-based tests or testing at a location (on or off-site) are acceptable
- Wear a mask indoors and outdoors through day 10 post-exposure while at school
- Keep at least 6’ distance when unmasked for eating or drinking
- Quarantine at home while not in a school setting through day 5 post-exposure
  - Student should not participate in extracurricular activities where consistent masking is not possible
- Monitor symptoms through 10 days post-exposure and remain asymptomatic†

Follow latest guidance on testing and quarantine from:
- NJDOH K-12 COVID-19 Recommendations
- NJDOH School Exclusion List

*For any COVID-19 positive test, the student must follow COVID-19 exclusion and isolation recommendations
† If symptoms develop, the student should be excluded and referred for diagnostic testing
**Isolation**

**Day 0**
Your first day of symptoms or, if asymptomatic, the date of your positive test.

**Day 1**
Your first full day of isolation.

Day 2
Day 3
Day 4
Day 5
**Day 6**
If symptoms resolve AND you are fever free for 24 hours, isolation can end after 5 full days.
If symptoms persist, continue to isolate until your fever is gone and other symptoms have improved.
**Day 7**
**Day 8**
**Day 9**
**Day 10**
**Day 11**
You must continue to wear a mask until at least day 11.
You may resume regular activities.

**Quarantine**

**Day 0**
Date of exposure.

**Day 1**
Your first full day of quarantine.

Day 2
Day 3
Day 4
Day 5
**Day 6**
Get tested at least 5 days after close contact.
If you have no symptoms and/or your test comes back negative, you can end quarantine.
If you develop symptoms and/or test positive, follow isolation requirements.

Day 7
Day 8
Day 9
Day 10
**Day 11**
You may resume regular activities.

Wear a mask, monitor for symptoms, and avoid travel and high-risk activities through day 10.
This would now be day 0 of isolation. Refer to isolation image for instructions on how to proceed.
Isolation and Quarantine for Households

Household Case

Day 0: First day of symptoms or, if asymptomatic, the date of positive test
Day 1: First full day of isolation
Day 2
Day 3
Day 4
Day 5: If symptoms resolve AND fever free, end isolation but mask through day 10. If still symptomatic, continue to isolate until symptoms resolve.
Day 6
Day 7
Day 8
Day 9
Day 10
Day 11
Day 12
Day 13
Day 14
Day 15
Day 16
Day 17
Day 18
Day 19
Day 20
Day 21: Resume regular activities

Household Contact Scenarios

Scenario 1
If case can isolate away from others, this is the test day of exposure.
First full day of quarantine
If no symptoms, get tested after day 5 and mask for the next 5 days
Resume regular activities

Scenario 2
If case could not isolate away from others, but can mask, quarantine for an additional five days starting on day 6.
First full day of quarantine
If no symptoms, get tested after day 5 and mask for the next 5 days
Resume regular activities

Scenario 3
If case could not isolate away from others or mask, quarantine for an additional five days starting on day 11.
First full day of quarantine
If no symptoms, get tested after day 5 and mask for the next 5 days
Resume regular activities

Note: Length of quarantine will depend on if there is continued exposure to the case.

Note: If contact develops symptoms or tests positive during quarantine, isolation begins and that is day 0 of isolation.