

Updated: April 1, 2021

Parents/Guardians: Each morning before sending your child to school, please review this COVID-19 Student Daily Self Check and follow the procedures described below:

Section 1: Symptoms

Any of the symptoms below could indicate a COVID-19 infection in children and may put your child at risk for spreading illness to others. Please note that this list does not include all possible symptoms and children with COVID-19 may experience any, all, or none of these symptoms. Please check your child daily for these symptoms:

Column A

Fever (100.2)
Chills
Rigors (shivers)
Myalgia (muscle aches)
Headache
Sore Throat
Nausea or Vomiting
Diarrhea
Fatigue
Congestion or runny nose

Column B

Cough
Shortness of Breath
Difficulty Breathing
New loss of smell
New loss of taste

If TWO OR MORE of the fields in Column A pertain to your child OR AT LEAST ONE field in column B pertain to your child, KEEP YOUR STUDENT HOME, and follow steps 1-3:

1. Call the Attendance Office at 609-380-0200, ext. 665;
2. Email the School Nurse's Office at lzipparo@capemaytech.com ;
3. Follow district procedures that can be found on our website www.capemaytech.com under Parent Resources.

Section 2: Close Contact/Potential Exposure

If your child has had Exposure or Close Contact to a COVID-19 positive person, your child should stay home and quarantine for 14 days. [Exposure/Close Contact is defined as within 6 feet or closer for 15 minutes within a 24-hour period with a COVID-19 positive person].

If someone in your household is diagnosed with COVID-19, your child should stay home and quarantine for 14-24 days as instructed by the Cape May County Health Department Contact Tracer.

Section 3: Positive COVID-19 test:

If your child tests positive for COVID-19 isolate for 10 days from the date symptoms started. If there were no symptoms, begin 10-day isolation from the date of the test.

Section 4: Travel out-of-state

If your child traveled out-of-state, quarantine for 10 days and monitor your child for symptoms. Consider getting your child tested for COVID-19 (three to five days from your child's return date).

Contact your healthcare provider or local health department for further guidance.

Follow steps 1-3 above.