

Dear Cedar Grove Families,

In light of the current landscape revolving around the Covid-19 pandemic, the Cedar Grove Board of Education and the Cedar Grove Recreation Department are collaboratively working together to ensure the safety and well being of our children and the community at large.

When a student is identified as a close contact and/or possible close contact to a positive COVID-19 case, as defined by the CDC, guidance from the New Jersey Department of Health and the Montclair Health Department have confirmed the cross referencing of student names with their quarantine end date to both the Cedar Grove Board of Education and the Cedar Grove Recreation Department. **Students identified as close contacts would be required to quarantine from both school activities and recreational athletics.**

A **close contact** is defined as an **individual that has been within 6 feet of an infected individual who spent a cumulative of 15 minutes or more over a 24 hour period or having direct contact with infectious secretions of the positive case** ( coughing, sneezing).

For a **close contact**, it is recommended to:

- **Quarantine x 14 days** from the last exposure to the positive case.
- Recommendation for self Isolation/ Quarantine is to stay/ sleep in a separate room from others living in the house, use a separate bathroom if possible ( or clean/disinfect in between).
- **It is expected that any person getting a COVID-19 diagnostic test will quarantine until they get their results.**
- However anyone who is determined to be a **close contact** of a positive case is recommended to complete the 14 day quarantine, even if they test negative.
- A **close contact** has had an exposure to a positive case, the incubation period for COVID-19 is ( 2 -14 days). A contact could test negative on Day 4 of the quarantine and test positive on Day 10 of the Quarantine.

We encourage families to continue following the Centers for Disease Control & Prevention promoted safeguards, such as:

- Staying home when you are sick;
- Washing hands often with soap for at least 20 seconds;
- Covering coughs and sneezes and properly disposing of tissues;
- Limiting close contact with people who are sick and not sharing food, drinks and utensils;
- Practicing social distancing (staying at least 6 feet apart);
- Wearing a face covering while in school; and
- Continuing to monitor your health for symptoms.

As educators and recreation professionals, we look to continue to partner in both the areas of athletics and health and safety of our youth, while promoting the assurance of health education and the responsibility that we each hold to the youth of our community.

Very truly yours,

Anthony M. Grosso  
Superintendent of Schools

Marisa Landolfi  
Director of Cedar Grove Recreation