



# Glen Ridge Public Schools

## A Tradition of Excellence

Please remember to complete a wellness check on your children every morning.

Parents should not send children to school when sick. For school settings, NJDOH recommends that children with the following symptoms be promptly isolated from others and excluded from school:

- 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: cough, shortness of breath, difficulty breathing, new olfactory disorder, or new taste disorder.

For students with chronic illness, only new symptoms or symptoms worse than baseline should be used to fulfill symptom-based exclusion criteria.

Parents should reach out to their children's school nurses for information or the answers to health questions.