



**H. B. WHITEHORNE MIDDLE SCHOOL**  
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**Important COVID Updates From Your School Nurse**

The New Jersey Department of Health reports that due to an uptick in Positive COVID tests our region is now considered **HIGH RISK**. We would like to make you aware of some important changes.

- **If someone in your household is being tested for COVID-19 due to illness, students/staff should also stay home until the test result is received.** Please email or call your school nurse with this information. The nurses will continue to collect this information during our virtual only period of time.
- **Students who have a parent or a sibling who have symptoms and meet COVID-19 Exclusion Criteria should stay home from school until the symptomatic individual receives a negative test result.** If the symptomatic individual tests positive, the **sibling** will need to self-quarantine. Please remember to include siblings/ friends/relatives visiting from college as possible close contacts.

If you are traveling during the holidays, please click on this link for updated travel restrictions from New Jersey: [New Jersey Travel Restrictions](#)

Close contact is defined as being within 6 feet of someone with suspected or known Covid-19 for a cumulative total of 15 minutes or more over a 24-hour period.

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**Please be sure to contact your school nurse via email over the holiday break should your child be exposed to COVID as a positive case or close contact.**