

TEANECK BOARD OF EDUCATION HUMAN RESOURCE MANAGEMENT



Do I Need to Self-Isolate for COVID-19?

Employees who are ill or believed to have come in contact with someone ill with COVID-19 will need to self-isolate during their illness, per instructions from the local health officer/NJ Department of Health. Isolation is meant to lower risk of spread of the illness to others.

By being in isolation you are preventing or limiting the potential transmission of the disease to non-isolated individuals. Refer to the chart below to determine if you need to self-isolate based on your contact with others relating to COVID-19.

	Person who has tested positive for COVID-19	Person with symptoms who has tested and is awaiting results	Person who is well but has travelled in a level 3 Area
1st Degree Close Contact	Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms.	Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms.	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.
2nd Degree Close Contact	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.
3rd Degree Close Contact	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.	No need to self-isolate. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact your primary care provider.

*Close contact is being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).