

Old Business: Last month Dr. Carpenter has received a complaint from a resident about a property located on Chestnut Ridge Rd., he asked that the Board of Health Environmental Health Specialist investigate, they did investigate and the Building Dept. is handling.

New Business: Dr. Rossakis asked all the doctors their opinion about the three shots for COVID-19 being offered and the answer unanimously was any of the three being offered is good.

Open to Public: None

Bills: NorthWest Bergen Regional Health Commission, 2020 1st Qtr.
Tyco Animal Control, Monthly
NJ Local Boards of Health, 2021 Annual Membership

Adjournment

NORTHWEST BERGEN REGIONAL HEALTH COMMISSION

ACTIVITY REPORT FOR MARCH 2021, * SADDLE RIVER *

COVID-19/Administrative Update

- Continued to participate in NJDOH daily call, weekly Bergen County Health Officer conference calls for updates and shared information related to COVID-19, Mosquitos and various public health activities.
- COVID-19 Vaccination Planning and clinic updates
- Saddle River School related COVID-19 exposure investigations, monitor cases and provide guidance on closures
- Provide guidance to school districts on the updated NJDOH COVID-19 Public Health Recommended for Local Health Departments for K-12 Schools (Orange/High Risk)- NJDOH updated guidance document on March 23, 2021
- In review with DOH - Public Recreational Bathing Code checklist. New PRB guidance expected on April 16, 2021
- In review with DOH – Youth camp guidance
- In review – Outdoor dining requirements, plan review and guidance
- Continued to monitor CDC, NJDOH websites for guidance documents and provide updates accordingly.
- Public Health Nurse and staff continues monitor CDRSS/CommCare for case investigation and contact tracing

MANDATED ESTABLISHMENT INSPECTIONS

RISK LEVEL	ESTABLISHMENT NAME	Sat	Re-check Sat	Cond	Unsat	Preop Sat	Preop Cond	Reins Sat	Reinsp Cond	Monthly Totals
	SOME INSPECTIONS CONDUCTED DUE TO COVID-19 EXECUTIVE ORDER 107 LIMITING THE SCOPE OF SERVICE AND HOURS OF OPERATION FOR RESTAURANTS AND CERTAIN RETAIL ESTABLISHMENTS AND TO LIMIT UNNECESSARY PERSON TO PERSON CONTACT									Risk 1=0 Risk 2=1 Risk 3=3 Ch. 28 =0 Other=0
3	Saddle River Café					X				
3	Saddle River Café		X							
3	Saddle River Inn	X								
2	Wandell School					X				
MARCH		1	1	0	0	2	0	0	0	4
FEBRUARY		7	1	0	0	0	0	0	0	8
JANUARY		0	0	0	0	0	0	0	0	0
YEARLY TOTALS		8	2	0	0	2	0	0	0	12

PLAN REVIEWS & CONSULTATIONS

Month	Approved	Not Approved	Consultations	Month Totals
March	0	0	0	0
February	0	0	0	0
January	Villa Marie Claire 1/27	0	0	1
Totals	Approved =1	Not Approved = 0	Consultations = 0	Yearly Total = 1

COMPLAINTS

Month	Month Totals	Complaint #
March	2	029-21C & 043-21C
February	0	NA
January	1	007-21C
Yearly Total= 3		

029-21C – Lookout Drive. Music/noise unknown source

03/10/2021: Rebecca Pigoncelli, REHS, dropped off a business card at Lookout Drive (between the two doors) with a note for owner to call NWBRHC and provide additional information. At this time the inspector did not detect noise/music while dropping the card at the location noted above. 03/25/2021: I have called the complainant to update him on this complaint. And, to call us and/or the local Police Department about the noise. The complainant wants a copy of this report mailed to him. No further action is required.

043-21C – N. Church Road. Tenant allegedly violating town ordinances that are creating a fire hazard to like long-term property damage. Debris and dog feces on property. 3/22 RP conducted an inspection and observed dog feces around the yard, approximately 30 piles old and fresh. Described the feces as a public health hazard. The tenants cleaned up by 3/25. RP responded to owner that dog feces was cleaned up. RP informed owner of tenant landlord court. RP informed the fire marshal of the owner fire hazard complaint.

INQUIRIES

Month	Month Totals	Inquiry #
March	0	N/A
February	2	008-21I
January	4	002-21I, 003-21I & 004-21I
Yearly Total = 6		

PRIVATE WELL CONSULTATIONS: (2)**ANIMAL BITES AND REPORT OF RABIES INVESTIGATION**

Month	Month Totals	Case #	Incident Type	State Lab	Result
January-March	0	N/A	N/A	N/A	N/A
Yearly Total = 0					

SUMMONSES/ABATEMENTS/VIOLATIONS ISSUED

Month	Month Totals	Details
March	0	N/A
January-February	0	N/A
Yearly Total = 0		

OPRA REQUESTS

Month	Month Totals	Details
March	1	70 E. Allendale Rd. Health department records.
February	3	107, 111 & 115 East Allendale Rd. NJDEP correspondence
January	0	N/A
Yearly Total = 4		

SERVSAFE FOOD HANDLER'S CLASSES

Class Type	Instructor	Establishment	# Attended	Class Date	Town Held in	Language
Total Saddle River = 0						

VITAL STATISTICS

DEATHS	Month Totals
March	2
February	3
January	2
Yearly Totals	7

MARRIAGE APPLICATIONS	Month Totals
March	0
February	1
January	2
Yearly Totals	3

PUBLIC HEALTH NURSING

See report

Immunization Audits.

None

Health Education

- Posted 10 Facebook posts regarding COVID vaccine and COVID testing sites for residents
- Provided COVID-related information CT/CI team such as new updates from NJDOH, travel cases, information on vaccine clinics throughout NJ and Bergen County.
- Continued to provide oversight to the CT/CI team.
- Provided health education information to residents when they called NWBRHC.

DISEASE INVESTIGATIONS

COMMUNICABLE DISEASE	Jan	Feb	Mar	Totals
COVID-19	64	41	37	142
Hep B	1	0	1	2
Lyme Disease	2	0	0	2
YEARLY TOTAL	67	41	38	146

*The above numbers include all case statuses (i.e., Confirmed, Probable, Possible, Report Under investigation, Not a Case). Data reflects the reporting burden of disease and does NOT reflect the number that are confirmed.

CORRESPONDENCE RECEIVED:

- **Kleinfelder.** Remedial action protectiveness/biennial certification form – groundwater.
- **New Jersey Department of Environmental Protection.** Private Well Testing Act Results (2).

Respectfully Submitted,

Gina M. Behre, Health Officer

Saddle River Nursing Report

NJ Cali rating as of 3/27/20 High Risk or Orange. Case Rate for Northeast Region 41.37 (35.25 the previous week)

Several of the cases are affiliated with sports exposures and small gatherings.

Schools are open and in session. We continue to work closely with the school nurse at Wandell Elementary to address exposures and close contacts. Northern Highland Regional High School primarily work with Bergen County HS because of their location (Allendale).

NJDOH Updates:

On 3/23/2021, NJDOH updated the k-12 school recommendations. According to the state, their studies support that in-school transmission of covid is minimal. And that the benefit for in-person instruction, particularly for younger children, was much greater. As a result, the social distancing recommendations for Elementary students were reduced to 3 feet to accommodate more students in a classroom. Masks must be worn at all times and schools are encouraged to explore different physical barriers if applicable to further reduce transmission. Schools are also asked to enforce measures that promote airflow.

While the CALI Rating is on High Risk, Middle Schools and High Schools are asked to maintain the 6 feet social distance.

Below is the COVID 19 Regional Risk Matrix

Low Risk	Moderate Risk	High Risk	Very High Risk
<p>Recommend full in-person instruction¹. A minimum of 3 feet of physical distancing between students should be maintained in classrooms with strict adherence to mask-wearing.</p> <p>In response to ill students and staff, follow NJDOH School Exclusion List</p> <p>* If ill person had potential exposure in past 14 days, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time. Permit limited activities involving interaction with multiple cohorts, ensuring adherence to precautions.</p>	<p>Recommend full in-person instruction¹. A minimum of 3 feet of physical distancing between students should be maintained in classrooms with strict adherence to mask-wearing.</p> <p>In response to ill students and staff with COVID-19 compatible symptoms, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time.</p> <p>Recommend minimizing activities that involve interaction with multiple cohorts (i.e. clubs, assemblies, sports).</p>	<p>Elementary schools: Recommend full in person instruction. A minimum of 3 feet of physical distancing between students should be maintained in classrooms with strict adherence to mask-wearing.</p> <p>Middle/High Schools: Consider in-person instruction if able to maximize physical distancing of 6 feet or more. Recommend 6 feet of physical distancing between students to the maximum extent practicable with strict adherence to mask-wearing.</p> <p>In response to ill students and staff with COVID-19 compatible symptoms, follow COVID-19 exclusion criteria; wait at least 24 hours and clean/disinfect areas where ill person spent time.</p> <p>Recommend restricting activities that involve interaction with multiple cohorts (i.e. clubs, assemblies, sports).</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Recommend fully remote learning</p>

Travel Update:

Yesterday the NJDOH also amended the travel guidelines to mirror the CDC's most recent change. At this time, fully vaccinated individuals do not have to quarantine after traveling within the United States. International travel is still subject to federal testing.

Vaccine:

NWBRHC has hosted 3 Primary dose and 1 secondary dose clinic with 2 more secondary clinics scheduled for later this week. These vaccine sites administered Moderna vaccines.

We also received doses of J&J Jansenn vaccines for administration to homebound residents within our towns.

If you are aware of any homebound residents within Saddle River, please provide us with a contact info so that we can reach out. In addition, if you know of any senior housing in SR, particularly if those individuals have mobility impairment or other disabilities, please advise us as well.

Communicable Diseases:

Hepatitis B (Chronic) – 1



RECOMMENDED MINIMUM QUARANTINE TIMEFRAMES

Updated: March 23, 2021

Background:

The incubation period of SARS-CoV-2 is between 2-14 days (median incubation is about 5 days). It is for this reason that CDC and NJDOH continue to recommend a 14-day quarantine period. This quarantine period for persons who might have been exposed to COVID-19 has proven to be an effective strategy to prevent further transmission.

For some individuals, however, a 14-day quarantine may impose a significant economic or other hardship in some circumstances. This may dissuade individuals from responding to contact tracer outreach or result in non-compliance with quarantine of any length.

On 12/2/20, CDC released [guidance](#) with options to shorten the quarantine time period, which, while it risks being less effective than the currently recommended 14-day quarantine, it may reduce the burden and increase willingness to adhere to public health recommendations.

NEW! CDC recommends that persons who clinically recovered from COVID-19 in the past 3 months and those who are fully vaccinated (defined as ≥ 2 weeks following receipt of the second dose in a 2- dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine) do NOT need to quarantine after having close contact with someone with COVID-19, as long as they remain asymptomatic (see exceptions for high-risk congregate care settings). CDC takes a more conservative approach for quarantine after travel, recommending testing and quarantine for all travelers. This more conservative approach for travelers aims to prevent the spread of variant strains from one area to another and also considers an increased transmission risk associated with traveling, particularly related to social mixing at travel hubs.

The NJDOH COVID-19 Activity Level Index Report (CALI) provides information on COVID-19 transmission risk by region and statewide, and characterizes risk as Very High (red), High (orange), moderate (yellow), or low (green): <https://www.nj.gov/health/cd/statistics/covid/>. The following minimum quarantine recommendations are based on the level of COVID-19 transmission.

NJDOH Recommendations:

High-Risk Congregate Care Settings: High-risk congregate care settings are those that care for persons at high risk for severe complications (e.g., long-term care and assisted living facilities, group homes, correctional facilities).

- **Residents** of high-risk congregate care settings need to continue to quarantine for 14-days, regardless of vaccination status and at all COVID-19 transmission risk levels, following prolonged close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period) with a suspected or confirmed case of COVID-19. Asymptomatic residents who have clinically recovered from COVID-19 in the prior 3 months do NOT need to quarantine after a close contact exposure but IS recommended for a close contact exposure > 3 months from the prior infection.
- Persons **who work** in high-risk congregate settings need to continue to quarantine for 14-days, following prolonged close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period) with a suspected or confirmed case of COVID-19 unless they remain asymptomatic AND:

- Persons are fully vaccinated, OR
- Persons have clinically recovered from COVID-19 in the past 3 months, OR
- Staffing shortages would cause serious harm or danger to public health or safety (Refer to CDC *Strategies to Mitigate Healthcare Personnel Staffing Shortages*)¹.

Testing following an exposure and through routine workplace screening programs (if present) is still recommended, even if fully vaccinated. Refer to NJDOH *Guidance for COVID-19 Diagnosed and/or Exposed Healthcare Personnel* for more information.

Community Settings and Individuals:

Outside of high-risk congregate settings, following prolonged close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period) with someone with COVID-19, persons should quarantine UNLESS:

- Individuals are fully vaccinated, OR
- Individuals have clinically recovered from COVID-19 in the past 3 months.

The recommended minimum timeframes for quarantine vary by the level of community transmission.

- When there is substantial COVID-19 community spread, defined as Very High (red) or High (orange) on the CALI report (by region), NJDOH recommends quarantine for 14 days *where feasible* to reduce the risk of spread of COVID-19 and particularly for persons who live with or care for persons at high risk of severe complications for COVID-19 (older adults, persons with underlying conditions or obesity, and pregnant women).
- When COVID-19 transmission risk is Moderate (yellow) or Low (green) on the CALI report (by region), while a 14-day quarantine is preferred, CDC's recommended shortened quarantine timeframes are acceptable alternatives.

¹ Refer to "Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination" for special considerations for immunocompromised persons. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

Recommended Minimum Quarantine Timeframes by COVID-19 Regional Transmission Risk Level (CALI Score)²

Low Risk	Moderate Risk	High Risk	Very High Risk
<i>14 days is always preferred as the best way to prevent COVID-19 transmission.</i>			
10 days without testing OR 7 days with negative test results collected at 5-7 days	10 days without testing OR 7 days with negative test results collected at 5-7 days	14 days for group settings and organized activities 14 days for individuals unless it causes <u>significant</u> economic or other hardship ONLY IF 14 days is <u>not feasible</u>, follow 10 days without testing OR 7 days with negative test results collected at 5-7 days	14 days for group settings and organized activities 14 days for individuals unless it causes <u>significant</u> economic or other hardship ONLY IF 14 days is <u>not feasible</u>, follow 10 days without testing OR 7 days with negative test results collected at 5-7 days

- **Community Settings & Organized Activities:** School and childcare administrators, employers, and individuals or entities having control over organized groups or activities (e.g., sports teams) should have a policy that defines the quarantine timeframes for their population (staff, students, athletes, etc.)³. For organized activities that take place in different regions of the state (e.g., sports team), the “home region” risk level where the group is primarily located can be used.
- **Individuals:** It is preferred that individuals not working at or attending group activities quarantine for 14 days. This is the safest way to protect family, friends, and community members, particularly if individuals will be in contact with persons at high risk for severe COVID19 illness or if the COVID-19 transmission risk is High or Very High (orange or red CALI score). If a 14-day quarantine would pose a significant economic or other hardship⁴, if it will result in noncompliance with quarantine, or if the COVID-19 transmission risk is Moderate or Low (yellow or green CALI score), the CDC recommended shortened timeframes are acceptable. It is the

² Excludes high-risk congregate care settings (e.g., long-term care and assisted living facilities, group homes, correctional facilities)

³ If the quarantine period started when COVID-19 transmission risk is High or Very High, the 14 days should be completed even if the transmission risk changes to Moderate or Low during those 14 days.

⁴ Examples of significant hardship include loss of income; inability to obtain food, medication or other essential items; inability to provide family members with essential transportation or other care services.

individual's personal responsibility to determine if they can quarantine for 14-days, but they should comply with the minimum alternative timeframes. *Note: individuals who work at or attend group activities in community settings should refer to those organization's policies.*

Summary of Quarantine Timeframes if Identified as a Close Contact of Someone with COVID-19

- 14-day quarantine is preferred for all individuals and groups where feasible
- Acceptable Alternative Quarantine Timeframes (when COVID-19 transmission risk is Moderate or Low):
 - After Day 10 without testing and if no symptoms have been reported during daily monitoring, OR
 - After Day 7 if the individual tests negative with a viral test (molecular-PCR or antigen) between day 5-7 and if no symptoms were reported during daily monitoring.

Note: The specimen must be collected between day 5-7 (not earlier than day 5), but quarantine cannot be discontinued earlier than after Day 7. The person should remain in quarantine until the results are received and are negative. If test results are delayed, quarantine should be continued until after Day 10.

Travel:

All travelers (including essential workers such as healthcare personnel) should continue to follow all New Jersey and CDC travel recommendations, including the recommendations for testing pre- and posttravel and for quarantine post-travel, **INCLUDING:**

- Individuals who are fully vaccinated, OR
- Persons who clinically recovered from COVID-19 in the past 3 months.

A more conservative approach is taken regarding travel due to the concern of travelers spreading variant virus strains from one area to another. Some variant strains may be more transmissible and could result in an increase in the number of cases, more strain on health care resources and possibly an increase in hospitalizations and deaths. Other variants may be of concern if they cause more severe illness, are not detectable with existing tests, if they don't respond to therapeutics, or if they impact on the effectiveness of vaccines. For all of these reasons, non-essential travel is discouraged and if travel is necessary, testing and quarantine are recommended.

Summary of Travel Recommendations (all travelers) If you

must travel, take steps to protect yourself and others:

- If you are eligible, get fully vaccinated for COVID-19.
- Before you travel, get tested with a viral test 1-3 days before your trip.
- Wear a mask over your nose and mouth when in public.
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you.
- Get tested 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.

CDC Travel Recommendations: CDC Travel during COVID-19:

<https://www.cdc.gov/coronavirus/2019ncov/travelers/travel-during-covid19.html>

NJ Travel Advisory: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

Additional considerations:

- Quarantine can be shortened only if **persons remain asymptomatic** throughout the shortened quarantine period; if they **continue to monitor for symptoms** through Day 14; and if they are counseled to follow COVID-19 prevention recommendations (e.g., social distancing, mask use, hand hygiene, cleaning and disinfection, avoiding crowds) through Day 14.
- Persons under quarantine should be advised that if they develop symptoms of COVID-19, they should immediately self-isolate and contact the local health department (LHD) www.localhealth.nj.gov and their healthcare provider to report this change in clinical status.
- If an outbreak is reported in a community setting, contacts must quarantine for the full 14 days.
- Clinically Recovered from COVID-19 within 3 months: Persons who tested positive for COVID-19 (viral test), clinically recovered from COVID-19 and then have close contact with someone with COVID-19 within 3 months do not need to be quarantined or tested after a close contact with someone with COVID-19. However, persons who have close contact with someone with COVID-19 more than 3 months after their initial infection should quarantine.
- Fully Vaccinated Persons: If identified as a close contact of someone with COVID-19, a fully vaccinated person does not need to quarantine as long as they remain asymptomatic. Although the risk that fully vaccinated people could become infected with COVID-19 is low, if symptoms develop, they should isolate and seek medical evaluation for COVID-19, which may include testing. Fully vaccinated means ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine.

References and Resources:

- CDC Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing, 12/2/20: <https://www.cdc.gov/coronavirus/2019ncov/more/scientific-brief-options-to-reduce-quarantine.html>
- CDC Public Health Recommendations for Fully Vaccinated People: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID19 Vaccination <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-aftervaccination.html>
- CDC Strategies to Mitigate Healthcare Personnel Staffing Shortages: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>
- CDC Travel during COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travelduring-covid19.html>
- New Jersey COVID-19 Testing Site Finder: <https://covid19.nj.gov/pages/testing#test-sites>
- NJDOH COVID-19 Activity Level Index Report (CALI Report): <https://www.nj.gov/health/cd/statistics/covid/>
- NJDOH Guidance for COVID-19 Diagnosed and/or Exposed Healthcare Personnel: https://www.nj.gov/health/cd/documents/topics/NCOV/Guidance_for_COVID19_Diagnosed_and_or_Exposed_HCP.pdf
- NJ Travel Advisory: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/arethere-travel-restrictions-to-or-from-new-jersey>



Current Restrictions on Travel

Updated April 5, 2021

What current restrictions are in place for individuals returning to or visiting New Jersey?

Given the increased risk of spreading COVID-19 for both residents who travel outside the state and for visitors into the state, New Jersey continues to strongly discourage all non-essential interstate travel at this time. CDC recommends travel be deferred until an individual is fully vaccinated. An individual is considered fully vaccinated ≥ 2 weeks after receipt of the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after receipt of a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).

People who are fully vaccinated with an FDA-authorized vaccine and persons who clinically recovered from COVID-19 in the past 3 months who are traveling domestically within the United States do not need to be tested for COVID-19 before or after travel to New Jersey and do not need to self-quarantine upon return. Fully vaccinated persons arriving in New Jersey from abroad are still recommended to be tested for COVID-19 3-5 days after return, but do not need to quarantine.

Unvaccinated travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following Centers for Disease Control and Prevention (CDC) recommendations for unvaccinated people:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-duringcovid19.html> and
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-duringcovid19.html>.

What type of travel is essential?

Essential travel would include, for example:

- Individuals traveling to and from the State for work.
- Individuals traveling to and from the State for medical reasons, including individuals providing comfort and support to a patient.
- Military personnel traveling to the State by order or directive of a state or Federal military authority.
- Individuals traveling to comply with a court order, such as child custody.

Summary of Travel Recommendations

All Travelers:

- International travel: negative test result or documentation of recovery required by the CDC to enter United States following air travel
- Self-monitor for symptoms during and after travel and self-isolate if symptoms develop
- Wear a mask over your nose and mouth when in public
- Avoid crowds and stay at least 6 feet from others
- Wash hands often or use hand sanitizer

Fully Vaccinated Travelers:

- Get tested 3-5 days after returning to the United States from international travel, but no quarantine following travel or test before travel (unless required by the destination) needed
- For domestic travel, no quarantine or test before or after travel needed

Travelers who Clinically Recovered from COVID-19 in past 3 months:

- No quarantine or pre- or post-travel test needed

Unvaccinated Travelers:

- Defer travel until fully vaccinated
- Before travel, get tested for COVID-19 with a viral test 1-3 days before the trip
- Get tested 3-5 days after travel
- Stay home and self-quarantine for a full 7 days after travel, even if the post-travel test is negative. If not tested after travel, stay home and self-quarantine for 10 days after travel.

CDC Travel Recommendations:

- CDC Domestic Travel during COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>;
- International Travel during COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

Is anyone exempt from the quarantine recommendation?

Although unvaccinated persons should avoid non-essential travel, essential personnel (also known as critical infrastructure workers) may be exempt from the recommendation to quarantine in limited circumstances. According to guidance from the CDC, “reintegrating exposed critical infrastructure workers who are not experiencing any symptoms and have not tested positive back into onsite operations should be used as **a last resort and only in limited circumstances**, such as when cessation of operation of a facility may cause serious harm or danger to public health or safety.” For more information on recommendations for critical infrastructure workers, refer to <https://www.cdc.gov/coronavirus/2019-ncov/community/criticalinfrastructure-sectors.html>.

Do I need to quarantine if I will only be in NJ for a brief period of time or are stopping over in New Jersey?

The quarantine recommendation does not apply to unvaccinated individuals who are returning to New Jersey after traveling outside of the State for less than 24 hours or those traveling to New Jersey for less than 24 hours. Even where travel is less than 24 hours, however, unvaccinated individuals are still discouraged from engaging in non-essential travel to other states to the extent possible.

Similarly, it does not apply to unvaccinated individuals in transit through the State to another destination, provided that the time spent in the State is only the amount of time necessary to complete the transit, make use of travel services, such as a highway rest stop, or make necessary travel connections.

Is quarantine following travel mandatory?

New Jersey is not mandating quarantine for unvaccinated individuals returning from travel at this time. The quarantine advisory was issued to limit the spread of the virus within our communities. While the recommendation relies on personal accountability, state officials expect that affected individuals will follow the recommendation. Unvaccinated travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the quarantine advisory.

What do I need to do if I have returned from international travel?

International travelers should refer to guidance published by the CDC. For additional guidance on international travel, please visit the "[COVID-19 Travel Recommendations](#)" and "[International Travel During COVID-19](#)", and "[Testing and International Travel](#)" sections of the CDC's website.

Why is the advisory no longer specific to certain states?

Because of the rising number of case counts across all states, there is an increased risk of spread of COVID19 upon return from any travel.

What does it mean to quarantine?

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantined people may stay at home or another location, so they don't spread disease to healthy people. If you are quarantined and you become ill, you can seek medical care/treatment from a healthcare provider.

Am I expected to quarantine in a hotel? Is there somewhere I should quarantine?

Travelers and residents who are returning from states and territories beyond the immediate region should quarantine at their home, or a hotel or other temporary lodging. Individuals should leave the place of quarantine only to seek medical care/treatment or to obtain food and other essential items.

I traveled out of state and want to get tested, where can I get tested?

You can locate a list of testing sites at <https://covid19.nj.gov/pages/testing>. Whenever possible, you are encouraged to quarantine after getting tested while you await your test results.

What should I do if I start feeling sick after traveling?

All travelers should self-monitor for symptoms for 14 days after travel. If you develop [symptoms](#) of COVID-19 while self-monitoring or while under quarantine (unvaccinated travelers), you should immediately isolate away from others, contact your healthcare provider and where feasible, get tested for COVID-19. For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days after symptom onset and are fever-free for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

How will the quarantine be enforced?

The quarantine is voluntary, but compliance is expected. Unvaccinated travelers and residents returning from another state or territory outside of the immediate region typically will not need to check-in with public health officials, unless otherwise they are involved in contact tracing efforts or required to do so by their employer or any other federal, state or local law or order. It is expected that unvaccinated individuals will follow the recommendation to quarantine.

Are there support services for individuals who are required to quarantine?

Contact your local health department or 211 if you need additional information about available support services for quarantine.

I traveled to NJ by plane. Where can I access the electronic traveler form?

The NJ Traveler form may be found at covid19.nj.gov/njtraveler. Unvaccinated travelers who arrive in NJ by plane from a state/territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should complete the form and follow current recommendations regarding quarantine.

If I live in NJ and have a household member or guest returning from a state/territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware), do I and other household members who have not traveled also need to self-quarantine?

Unvaccinated out-of-state visitors from another U.S. state or territory beyond the immediate region are encouraged to postpone travel until they are fully vaccinated. If it is not possible to delay travel, unvaccinated individuals are encouraged to quarantine in the home where they live or are staying in New Jersey. Household members who did not travel do not need to quarantine.

If I self-quarantine pursuant to this recommendation, can I use State-mandated earned sick leave?

Possibly. The New Jersey Earned Sick Leave Law permits an individual who has worked for their employer for at least 120 days to use earned sick leave that they have accrued under law when, during a state of emergency declared by the Governor, or upon the recommendation, direction or order of a health care provider or the Commissioner of Health or other authorized public official, the employee undergoes isolation or quarantine as a result of a suspected exposure to a communicable disease and a finding by the provider or authority that the employee's presence in the community would jeopardize the health of others. Please contact your employer for more information about leave eligibility or visit <https://getstarted.nj.gov/labor/>.

If my family member is subject to self-quarantine pursuant to this recommendation, can I use family leave?

It depends. The New Jersey Family Leave Act (NJFLA) entitles an employee to take job-protected leave from work when a health care provider or public health authority recommends that a family member in need of care by the employee voluntarily undergo quarantine as a result of suspected exposure to a communicable disease because the presence in the community of the family member in need of care by the employee would jeopardize the health of others. Please contact your employer for more information about leave eligibility or visit

<https://getstarted.nj.gov/labor/>.



Guidance for Fully Vaccinated Persons in Non-Healthcare Settings

April 5, 2021

This interim guidance serves to clarify recently released Centers for Disease Control & Prevention (CDC) [Public Health Recommendations for Fully Vaccinated People](#). Guidance may change or be updated as the situation evolves. ***These recommendations only apply to non-healthcare settings.***

Currently authorized vaccines in the United States are highly effective at protecting vaccinated people against symptomatic and severe COVID-19. Evidence also suggests that fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to transmit SARS-CoV-2 (the virus that causes COVID-19) to others.

However, we are not in a position at this time to broadly exempt fully vaccinated individuals from existing COVID-19 mitigation efforts, including requirements for indoor and outdoor gatherings outlined in current Executive Orders. This is because we are still learning how long vaccine protection will last as well as how much protection is provided against emerging SARS-CoV-2 variants. In addition, since most of New Jersey is not yet fully vaccinated, the chance that someone who is fully vaccinated could inadvertently spread an infection is relatively high. Until more is learned about protection, and vaccination coverage in the state increases, some prevention measures will continue to be necessary for all people, regardless of vaccination status. As with any level of risk, low/minimal risk does not mean no risk exists.

As no vaccine is 100% effective, persons must balance preventive actions to reduce possible transmission and maintain safety. Persons who have a weakened immune system should discuss whether they should continue precautions with their healthcare provider. While CDC recommendations indicate that private visits or small gatherings⁵ likely represent minimal risk to fully vaccinated people, medium or large-sized gatherings and those including unvaccinated people from multiple households increase the risk of SARS-CoV-2 transmission.

Though the risk of disease may be minimal to the fully vaccinated person themselves, they should be mindful of their potential risk of transmitting the virus to others if they become infected, especially if they are visiting with unvaccinated people at increased risk for severe illness from COVID-19 or who have unvaccinated people at increased risk for severe disease in their own households.

People are considered “fully vaccinated” for COVID-19:

- At least 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna); or
- At least 2 weeks after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).[‡]

Although the risk that fully vaccinated people could become infected with COVID-19 is low, any fully vaccinated person who experiences symptoms consistent with COVID-19 should isolate themselves from others, be clinically evaluated for COVID-19, and tested for SARS-CoV-2 if indicated.

⁵ The CDC guidance does not define a “small gathering.”

Private vs. Public indoor

- **Private spaces** are defined as a home or personal residence that is not a healthcare facility or institution.
- **Public spaces** include indoor settings where the public gathers and there is mixing of multiple households or cohorts who may or may not know each other, such as weddings, restaurants, concert and performing arts venues, schools, gyms, social/member clubs, etc. Public social gatherings are more likely to be medium- or large-sized gatherings.

Specific recommendations for Fully Vaccinated Persons

Indoor visits between fully vaccinated persons: Indoor visits between fully vaccinated people who do not wear masks or physically distance from one another are likely low risk. CDC recommends that fully vaccinated persons can visit with other fully vaccinated people in private settings indoors without wearing masks or physical distancing.

Indoor visits between fully vaccinated persons and unvaccinated persons: If someone fully vaccinated is visiting with someone unvaccinated, public health precautions should be determined based on the risk status of the unvaccinated persons. Because gatherings between multiple households pose risk of COVID-19 transmission among unvaccinated persons, masks and physical distancing should be maintained.

Fully vaccinated persons can visit with unvaccinated persons from a single household that does not have individuals at risk of severe COVID-19 in private settings indoors, without anyone wearing masks, with a low risk of COVID-19 transmission.

Travel recommendations: New Jersey residents traveling out of state or internationally should check travel advisories at their destination location. All travelers are required to wear a mask on all planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in transportation hubs such as airports and stations. All travelers should wear a mask while traveling, stay 6 feet from others and avoid crowds, wash hands often or use hand sanitizer, self-monitor for symptoms during and after travel, and self-isolate should symptoms develop.

Travel within the United States and/or U.S. Territories: People who are fully vaccinated with an FDA-authorized vaccine do not need to be tested for COVID-19 before or after travel to New Jersey and do not need to self-quarantine upon return.

International Travel: International travel poses additional risks and even fully vaccinated travelers are at increased risk for getting and possibly spreading new COVID-19 variants. Fully vaccinated travelers do not need to get tested before leaving the United States unless required by their destination. Fully vaccinated air travelers coming to the United States from abroad are required to have a negative COVID-19 viral test result within 3 days of travel (or documentation of recovery from COVID-19 in the past 3 months) before they board a flight to the United States; and should be tested for COVID-19 3-5 days after travel. Fully vaccinated travelers do not need to self-quarantine in the United States following international travel.

Close contact quarantine recommendations: If identified as a close contact of someone with COVID-19, a fully vaccinated person does not need to quarantine as long as they remain asymptomatic. Although the risk that fully vaccinated people could become infected with COVID-19 is low, if symptoms develop, they should isolate and seek medical evaluation for COVID-19, which may include testing. Refer to [NJDOH Minimum Quarantine Timeframes](#) for additional information.

Special Circumstances:

- Fully vaccinated residents of non-healthcare congregate settings (e.g., correctional and detention facilities, group homes) should continue to quarantine for 14 days and be tested for COVID-19 following an exposure to someone with suspected or confirmed COVID-19. This is because residential congregate settings may face high turnover of residents, a higher risk of transmission, and challenges in maintaining recommended physical distancing.
- Fully vaccinated employees of non-healthcare congregate settings and other high-density workplaces (e.g., meat and poultry processing and manufacturing plants) with no COVID-like symptoms do not need to quarantine following an exposure; however, testing following an exposure and through routine workplace screening programs (if present) is still recommended.

Recommendations for Gatherings

CDC continues to recommend that large gatherings be avoided, particularly those in which physical (social) distancing cannot be maintained between people who live in different households. All people, regardless of vaccination status, should adhere to current guidance to avoid medium- or large-sized inperson gatherings and to follow any applicable local guidance restricting the size of gatherings. If they choose to participate, fully vaccinated people should continue to adhere to prevention measures that reduce spread, including wearing a well-fitted mask, maintaining physical distance from others, and washing hands frequently.

All people, regardless of vaccination status, should follow state guidance restricting the size of gatherings (i.e., most current Executive Order limiting capacity). ***Both indoor and outdoor gatherings must adhere to the most current [New Jersey Executive Order regarding gathering capacity limits and requirements for individuals participating in gatherings, which include social distancing and mask wearing.](#)***

Persons at increased risk of severe COVID-19/severe disease: Include those who are more likely than others to become severely ill, such as older adults (the risk of severe illness increases with age), pregnant people, people with underlying medical conditions. Severe illness from COVID-19 is defined as hospitalization, admission to the ICU, intubation or mechanical ventilation, or death.

†This guidance applies to COVID-19 vaccines currently authorized for emergency use by the Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson and Johnson [J&J]/Janssen COVID-19 vaccines. Considerations for applying this guidance to vaccines that are not FDA-authorized include whether the vaccine product has received emergency approval from the World Health Organization or authorization from a national regulatory agency. <https://www.cdc.gov/coronavirus/2019ncov/vaccines/fully-vaccinated-guidance.html>