



Midland School Health Office
300 Rochelle Ave, Rochelle Park, NJ 07662



March 9, 2021

Dear Midland School Community,

I hope everyone is doing well and staying safe and healthy. The start of spring is just around the corner and families may have made travel plans for the spring break. We want to make everyone aware of the most up to date travel advisory information. As of March 8, 2021, the NJ COVID-19 Information Hub has updated the Travel Restrictions to or from New Jersey. Please click on this link to access this information.

[Updated Travel Information.](#)

As updates are frequently made, please continue to check the travel advisory website for the latest travel information.

If you are planning on traveling out of the state, and are planning on sending your child/children back to school upon your return, please be aware of the following:

- Please notify the nurse of the date you return back home.
- According to the guidelines, your child/children will need to be tested for COVID-19 (a PCR test) 3-5 days after your return date.
- As long as the test result is negative, your child/children will need to quarantine for a full 7 days after your return date before they can return to school.
- Documentation of the negative test result is required prior to your child returning to school. Please email the nurse the result before the day he/she is due back to school.
- If you opt not to have your child/children tested, or the test result is delayed, your child/children will need to quarantine for 10 days after your return date.

If you have any questions or concerns, please contact me.

Healthy Regards,

A handwritten signature in black ink that reads "Sheryl K. Meyers RN, CSN".

Sheryl K. Meyers, RN, CSN
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