



Rochelle Park School District

300 Rochelle Avenue • Rochelle Park, NJ 07662 • 201-843-3120 • www.rochellepark.org

Dr. Sue DeNobile
SUPERINTENDENT
sdenobile@rochellepark.org

Mrs. Cheryl Jiosi
BUSINESS ADMINISTRATOR
BOARD SECRETARY
cjiosi@rochellepark.org

April 1, 2021

Dear School Community Members,

Hello and Happy Spring. I hope you and your loved ones are well.

I have the pleasure of writing this update as it brings good news of the school's construction progress. The first floor reconstruction is developing very nicely and on schedule. We surely hope it continues this way. I've included a couple of pictures below that show how nicely the walls and floors are coming together.

The mobile classrooms have been providing bright and positive learning environments for the students. This temporary situation is meeting expectations and even exceeding some. I've also included a couple of pictures so you may see how bright and welcoming that space is.

Please remember that Midland School is closed for Spring Recess starting Friday, April 2nd and re-opens Monday, April 12th. When we return the students who are on in-person/classroom learning will be attending five days a week, with the current hybrid bell schedule: 8:20am - 12:41pm for periods 1-8, dismissal from Midland School at 12:41pm, followed by lunch, 12:45-1:45pm, and Remote Extended Learning, 1:45pm - 2:50pm. We will no longer alternate between Team Maroon and Team White; a Hybrid Team Calendar will no longer be published. Students who are remote learners will continue with the on-line platform, keeping the same hybrid bell schedule, for the remainder of the 4th Marking Period.

Parents whose children are remote learners will be receiving a notice from Mrs. Hurd, Director of Curriculum and Instruction, regarding the New Jersey Department of Education's (NJ DOE) annual statewide assessments, known as New Jersey Student Learning Assessments (NJSLA). The NJ DOE has not received permission from the Federal Government to waive this year's assessment (as was done last year due to the pandemic and online learning), though an application for this has been made. At this time, the NJ DOE has advised all districts must implement the testing for all students, whether the student attends school on-site/in-person or remotely. Mrs. Hurd's letter explains the special circumstances for remote learners and parents as proctors. Please pay close attention and respond to this letter as your response is most necessary.

At the March 30, 2021 Board of Education meeting a resolution to adjust the school calendar passed. The district had one unused emergency (snow) closing remaining. This day is now given back in the calendar. So, school will be closed on Friday, May 28, 2021. A revised calendar is posted on the district website at <https://www.rochellepark.org/> under the Quick Links tab, and attached to this letter.

The Spring Recess often brings a time of gatherings and, for some, travel. Please keep in mind the New Jersey Department of Health (NJ DOH) guidelines for COVID-19. Currently, as of

the NJ DOH's March 23, 2021 release of guidelines, even travelers who are fully vaccinated or persons who recovered from COVID-19 in the past 3 months have post-travel quarantine guidelines. I have included the NJ DOH March 23, 2021 guidelines for your review. This six page report provides valuable information for practices that can serve to help reduce the spread of COVID-19.

The NJ DOH publishes weekly COVID-19 Activity Level Reports. I've included the most recent report for your review. For a short time the state had gone down from a High Level (Orange) to a Moderate Level (Yellow) of activity. Then some areas of the state went back up to Orange while others remained Yellow. Currently, the entire State of NJ is back to Orange, indicating a High Level of Activity. I share this with you so you are aware and can make informed decisions about your activities and safe practices.

If you travel, or if you, someone you live with or have been in contact with, has become positive for COVID-19, please follow the guidelines for quarantining. Please notify the school if you travel, have a positive COVID-19 test or symptoms, or have close contact with someone who has tested positive or has symptoms. If you are unsure of what steps to take please contact our School Nurse, Mrs. Meyers, at smeyers@rochellepark.org.

It is our goal to keep Midland School open for classroom learning through the end of the school year. We have had a number of experiences throughout the year that called for closure and full remote learning due to COVID-19 positive cases and primary contacts. We have been able to re-open and want to remain open, and we need your continued cooperation and support to see this through. Please continue to partner with us. Thank you.

Enjoy the Spring Recess. Stay safe and be well.

Sincerely,



Dr. Sue DeNobile, Superintendent

New first floor walls and flooring for classrooms and cafeteria:



Mobile Classrooms:





Rochelle Park School District

2020-2021 School Calendar

SEPTEMBER '20						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER '20						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER '20						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER '20						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY '21						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY '21						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

September
 Tues/Wed/Thurs 1/2/3 Teacher Orientation/PD (All Staff)
 Monday 7 Labor Day (School Closed)
 Tuesday 8 1st Day of School for Students
 Thursday 24 Back to School Night PreK-8
 Monday 28 Yom Kippur (School Closed)

October
 Monday 12 School Closed for Students (Staff Development)

November
 Thurs/Friday 5&6 NJEA Convention (School Closed)
 Monday 23 ½ day Session 12:41 Dismissal
 Parent/Teacher Conferences 1:30-3 & 6:00-8:30
 Tuesday 24 ½ day Session 12:41 Dismissal
 Parent/Teacher Conferences 1:30-3 PM
 Wednesday 25 ½ day Session 12:41 Dismissal
 Thurs/Friday 26/27 Thanksgiving Holiday (School Closed)

December
 Wednesday 23 ½ day Session 12:41 Dismissal
 Thurs/Friday 24-31 Winter Recess (School Closed)

January
 Friday 1 School Closed
 Monday 4 School Reopens
 Monday 18 School Closed

February
 Monday 15 Presidents Holiday (School Closed)
 Tuesday 16 Presidents Holiday (School Closed for Students)
 Staff Development

April
 Friday 2 Good Friday (School Closed)
 Mon-Friday 5-9 Spring Recess – (School Closed)
 Wednesday 21 ½ day Session – Parent/Teacher Conferences
 1:30-3 6:00-8:00

May
 Friday 28 School Closed
 Monday 31 Memorial Day (School Closed)

June
 Friday 18 ½ day Session- 12:41 Dismissal (Students only)
 Monday 21 ½ day Session- 12:41 Dismissal
 Tuesday 22 ½ day Session- 12:41 Dismissal
 Last Day of School for Students –
 8th Grade Culmination

Please note: The calendar contains three Emergency Days. Any snow days or other emergencies causing school to be closed more than three days will be made up during Spring Recess, starting with Friday- April 9, 2021. The Board of Education reserves the right to make adjustments in the calendar when it is deemed necessary.

Revised: March 30, 2021

MARCH '21						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY '21						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
31	31					

JUNE '21						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST '21						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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 economic or other hardship</u> 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 economic or other hardship</u> 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 COVID-19 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 non-compliance 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 post-travel 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/2019-ncov/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:

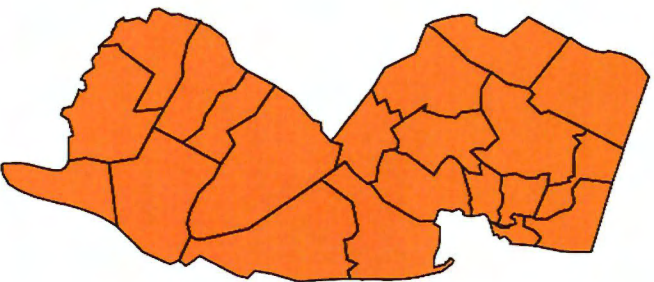
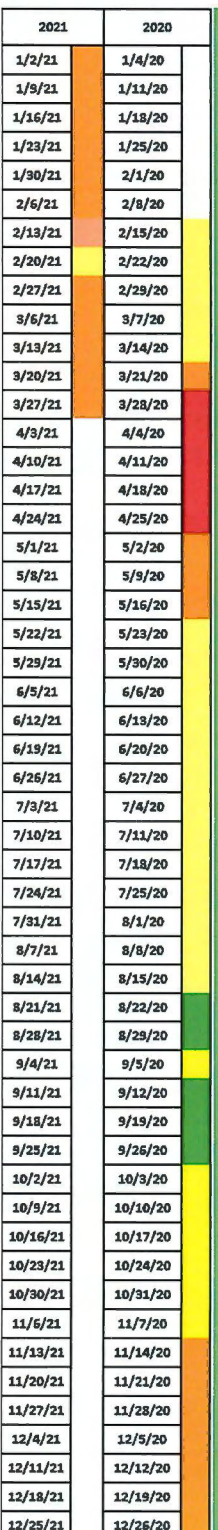
- CDC Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing, 12/2/20: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>
- CDC Public Health Recommendations for Fully Vaccinated People: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.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/travel-during-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](https://www.nj.gov/health/cd/documents/topics/NCOV/Guidance%20for%20COVID19%20Diagnosed%20and%20Exposed%20HCP.pdf)
- NJ Travel Advisory: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>



COVID-19 Activity Level Report

New Jersey Department of Health
Communicable Disease Service

Week ending March 27, 2021 (MMWR week 12)¹







Region ²	Current Activity Level
Northwest	HIGH
Northeast	HIGH
Central West	HIGH
Central East	HIGH
Southwest	HIGH
Southeast	HIGH
STATEWIDE	HIGH

COVID-19 Activity Level Index (CALLI)				
	Case Rate ³	Percent CLI ⁴	Percent Positivity ⁵	CALLI Score ⁶
Northwest	36.18 ●	5.74 ○	11.49 ○	3
Northeast	41.37 ●	6.82 ○	10.81 ○	3
Central West	30.74 ●	3.51 ○	7.40 ○	3
Central East	42.01 ●	6.80 ○	10.55 ○	3
Southwest	28.91 ●	4.38 ○	8.57 ○	3
Southeast	28.66 ●	2.02 ○	7.82 ○	3
STATEWIDE				3

Footnotes:

1. The Morbidity and Mortality Weekly Report (MMWR) week is the week of the epidemiologic year used by the Centers for Disease Control and Prevention (CDC) for disease reporting. is assigned by the reporting local or state health department for the purposes of MMWR disease incidence reporting and publishing. MMWR weeks begin on a Sunday and end on a Saturday and are assigned a numeric value ranging from 1 to 53, although most years consist of 52 weeks. Week ending dates and associated MMWR weeks can be found at: https://www.state.nj.us/health/cd/documents/flu/MMWR_2020.pdf
2. The following is a breakdown of counties contained within each public health region: Northwest: Morris, Passaic, Sussex, Warren; Northeast: Bergen, Essex, Hudson; Central West: Hunterdon, Mercer, Somerset; Central East: Middlesex, Monmouth, Ocean, Union; South West: Burlington, Camden, Gloucester, Salem; South East: Atlantic, Cape May, Cumberland.
3. Case rate (per 100,000) is calculated as a proportion of the population — specifically, daily new COVID cases for every 100,000 people. Real-time polymerase chain reaction (PCR) results for COVID-19 are obtained from electronic laboratory transmission submitted by acute care, commercial and public health laboratories to CDRSS. Case rate is monitored as a 7-day average by the first positive specimen collection date – this is the date a patient’s specimen is collected. Should a patient have more than one positive specimen, only the first one is included.
4. COVID-like illness (CLI) is defined as fever and cough or dyspnea (shortness of breath, difficulty breathing, etc.) or the presence of coronavirus diagnosis codes. With the intention to focus on CLI rather than Influenza-like illness the diagnosis of another specified respiratory pathogen (influenza, parainfluenza and RSV) is excluded. Percent daily visits associated with CLI from emergency department data is collected via EpiCenter (i.e. NJDOH syndromic surveillance). CLI is monitored as a 7-day weekly average.
5. Percent positivity is the percentage of total positive COVID-19 PCR tests out of all COVID-19 PCR tests performed. Percent positivity is monitored as a 7-day average.
6. The COVID-19 Activity Level Index (CALI) Score is calculated as described below:
 - a. In each region, each indicator is assigned a value based on the activity range it falls into. Activity thresholds and values for each indicator are defined in Table 1 below.
 - b. Next, the values are averaged together. This rounded average gives the CALI Score which corresponds to the final activity level (Table 2).
 - c. The statewide activity level is calculated by averaging the CALI Scores for the 6 regions.

Table 1: COVID-19 Activity Level Index (CALI) ^{6a}					Table 2: COVID-19 Activity Level Index (CALI) ^{6b}		
	Value	Case Rate ³	Percent CLI ⁴	Percent Positivity ⁵	Legend	Final Activity Level	CALI Score
Low	1	< 1	< 1.68%	< 3 %		Low	1
Moderate	2	1-10	1.68 - 5.51%	3-10 %		Moderate	2
High	3	10.01-25	5.52 - 13.08%	10.01-20 %		High	3
Very High	4	> 25	> 13.08%	> 20%		Very High	4

Activity thresholds are adapted from:

- The U.S. Influenza Surveillance System Methods: <https://www.cdc.gov/flu/weekly/overview.htm>
- CDC COVID-View: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>
- COVID-Act Now: <https://covidactnow.org/?s=856166>

For more information on how to protect yourself from COVID-19, see <https://covid19.nj.gov/>.