

**PORT JEFFERSON SCHOOL DISTRICT**  
**OFFICE OF HEALTH, PHYSICAL EDUCATION, ATHLETICS AND NURSING**  
**350 OLD POST ROAD**  
**PORT JEFFERSON, NY 11777**  
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**Jessica Schmettan**  
**Superintendent of Schools**

**Adam Sherrard**  
**Director of Health, Physical Education,**  
**Athletics and Nursing**

August 26, 2022

Dear Parents/Guardians, Students and Staff;

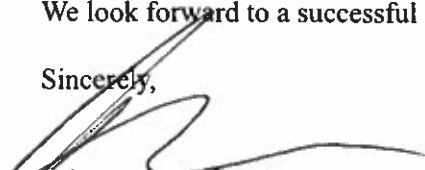
I hope you and your families have been enjoying your summer. I am excited to have all of the students and staff back at school next week! Recently, we were advised of updated COVID-19 guidance from the New York State Department of Health (NYSDOH) with specific information for school districts for the 2022-23 school year. The new guidance states:

- Individuals who test positive for COVID-19 should isolate for 5 days from either the date of the test or the date symptoms began (whichever occurs first). Individuals can return to school on day 6 as long as their symptoms are improving and they are fever free without fever-reducing medicine for at least 24 hours.
- Universal masking in school is NOT required at this time, although individuals exposed to COVID-19 and those returning to school after completing five days of isolation following a positive COVID-19 are recommended to wear masks until 10 days after the positive test or exposure date.
- Routine contact tracing is no longer recommended.
- Individuals exposed to COVID-19 are no longer required to quarantine or provide a negative COVID-19 test to return to school as long as they remain asymptomatic.
- Individuals exposed to COVID-19 who develop symptoms within 10 days of exposure should provide a negative COVID-19 test to return to school.
- Individuals with a fever of 100 degrees or above or two COVID-19 symptoms (cough or sore throat, shortness of breath, difficulty breathing, fever, chills, body aches, headache, fatigue, new loss of taste or smell, loss of appetite, nausea/vomiting, nasal congestion/runny nose), should isolate for 5 days or provide a negative COVID-19 test to return to school.
- Physical distancing is no longer required

Any updates to these guidance measures from the NYSDOH will be communicated to you as quickly as possible. Our nurses and school buildings have an updated supply of over the counter tests kits that are available by request.

We look forward to a successful school year. Should you have any questions, please feel free to contact me.

Sincerely,

  
**Adam Sherrard**  
**Director of Health, Physical Education,**  
**Athletics and Nursing**