

PLAINVIEW-OLD BETHPAGE CENTRAL SCHOOL DISTRICT

106 Washington Avenue, Plainview, New York 11803

www.pobschools.org



Dr. Mary O'Meara
Superintendent of Schools

November 9, 2023

Dear POB School Community,

As we head into the cold and flu season, please be advised of the COVID regulations the District follows based on the CDC Guidelines. This letter serves as a revision to our POB Reopening Plan.

[Here is a link](#) to the full regulations. Please note the isolation days required for those who have contracted COVID-19, regardless of vaccination status.

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- Day 0 is the day you were tested (not the day you received your positive test result).
- Day 1 is the first full day following the day you were tested.
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset.

If you had symptoms

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive.
- Day 1 is the first full day after the day your [symptoms](#) started.

Should you have any questions, please reach out to the health office in your school.

Thank you.

Sincerely,

Dr. Mary O'Meara

Superintendent of Schools