

## Covid 19 Parent/Staff Guide

These are the updated guidelines which will go into effect on Monday, March 7.

### Check for any NEW/UNEXPLAINED Symptoms at home or in school

- \*Fever (100F) or chills or feels feverish
- \*Cough, shortness of breath
- \*Sore throat, nasal congestion, or runny nose
- \*Fatigue
- \*Muscle or body aches
- \*Headache
- \*New loss of taste or smell
- \*Nausea, vomiting, or diarrhea
- \*Miscellaneous symptoms: rash, neck pain, bloodshot eyes, abdominal pain

IF **yes** to any one of these symptoms, please stay at home and get tested (we do not accept negative home tests).

### Who should isolate?

Any person who tests positive for COVID-19 or who has symptoms of COVID-19 while awaiting testing – regardless of vaccination status, previous infection, or lack of symptoms.

\*Please stay home and away from others (including people in your household) for at least 5 days. **Isolation can end after day 5 if you are fever-free (off fever-reducing medications) for at least 24 hours and other symptoms are improving AND you have a negative antigen (rapid) test result on day 5 of your isolation.** At that point you can return to school wearing a well fitted mask (over mouth/nose). If unable to wear a well fitted mask for days 6-10, you will need to remain home for the full 10 days of your isolation.

\*If fever has been present in the prior 24 hours, or if other symptoms are not improving, then you should continue to isolate for the full 10 days of isolation.

\*If an antigen/rapid test is positive, you need to remain home for the full 10 days.

For **ten days** following a Covid diagnosis you should:

- \* wear a well-fitting mask when around other people.
- \*avoid people who are immunocompromised or at high-risk for severe disease.
- \*avoid travel

### **IMPORTANT:**

**We will no longer ask anyone to quarantine while waiting for a PCR result for a family member.**

**Household contacts who NEED to quarantine with a positive covid-19 person at home:**

\*Household contacts who are either unvaccinated OR not “up to date” on receiving all recommended COVID-19 vaccine doses

**\*Stay home and away from others for 5 days after the last exposure. (date of last exposure begins after the 10th day of the household positive, end of their isolation period) Call the school nurse to review dates.**

**\*To test out of Quarantine on day 5 you need to ensure that the household person positive with COVID-19 is able to wear a well fitted mask when around others at home during their Isolation period. If not, remain quarantined for the full 10 days. Refer to the state guidelines: <https://www.covid19.nh.gov/sites/g/files/ehbemt481/files/documents/2022-01/household-cont-act-exposure-flowchart.pdf>**

\*If at any time another household member develops COVID-19, the quarantine period for the rest of the household members will need to restart because of repeated exposure. Call the school nurse to review dates.

\*Continue to watch for symptoms for 10 days after the last exposure date and get tested. if at any time symptom(s) develop. Notify the school nurse if you test positive.

\*Get a PCR test on the 5th day after your last exposure if you do not develop any symptom(s)

For 10 days after last exposure:

\*wear a well-fitting mask when around other people.

\*avoid people who are immunocompromised or at high-risk for severe disease.

\*avoid travel

**Household contacts who DO NOT NEED to quarantine with a positive covid-19 person in the household:**

**\*Household contacts who are “up to date” on receiving all recommended COVID-19 vaccine doses. We will need to see proof of “up to date” vaccines which includes booster shots.**

**\*Unvaccinated household contacts who are within 90 days of testing positive for COVID-19 by antigen or PCR-based testing.**

For 10 days after last exposure:

\*wear a well-fitting face mask (over mouth/nose) around other people for 10 days, especially in indoor settings.

\*If any symptom(s) develop, stay home and get tested for COVID-19.

\*Need to be tested for COVID-19 on day 5, even if you don't have symptoms with a PCR test. If testing is positive, follow isolation recommendations above.

