

Monitoring Health and Wellness

COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. As a school community we ask for your support to take the following precaution to prevent the spread of the disease:

1. Keep sick children home and report their illness to the school nurse if your child has a fever or is not feeling well.
2. If your student develops any of the symptoms listed above during the school day, parents/guardians will be contacted and must come to school to pick up their child. Students with these symptoms will be quarantined under supervision of the nurse and will not be allowed to take school transportation home.
3. Know the symptoms of COVID-19
 - Fever (measured 100°F), feeling feverish, or chills;
 - Headache
 - Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath;
 - General body symptoms such as muscle aches, chills, and severe fatigue;
 - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea, and
 - Changes in a person's sense of taste or smell
4. Prior to arriving to school, please screen your student for:
 - a. Any ***new or unexplained*** symptoms of COVID-19 - this includes even mild symptoms.
 - b. Close contact with someone who has confirmed to have COVID-19 in the prior 14 days.
 - c. Travel outside of NH, VT, ME, MA, RI and CT.

Any person with new or unexplained symptoms of COVID-19 **will be excluded from school**, and instructed to isolate at home and contact their primary care provider for COVID-19 testing.

Symptomatic students or staff can be allowed to return to school when the following conditions are met:

- At least 10 days have passed since symptom onset **and**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

If a student or staff member has close contact with someone confirmed to have COVID-19 in the prior 14 days or has a travel-related risk, they are required to complete self-quarantine at home for 14 days from the last known exposure.