



SAU 19 Parent/Guardian COVID-19 Quarantine and Isolation Guidelines (updates in orange)

The purpose of this document is to provide some clarification and answers about what to do if your student has been sent home from school, or excluded from school, because of travel, symptoms of COVID-19, or exposure to COVID-19. The guidelines that follow are based on recommendations from the NH Department of Health and Human Services, the Center for Disease Control, and the NH School Nurses Association. We all need to follow these guidelines to best support a safe school environment and to contribute to keeping our schools open. The school nurse is the best resource to support you and your student with COVID-19 information. Please call or email your student's school nurse to report COVID-19 symptoms, test results, and for additional information, questions, or concerns.

New or Unexplained Symptoms (symptomatic)	Travel	Exposure (close contact) to someone diagnosed with COVID-19:
<p>Students with new or unexplained symptoms of COVID-19 will be excluded from school and advised to isolate at home. The student's PCP should be contacted for COVID-19 testing. Symptomatic students can return to school when one of the following conditions are met:</p> <p>The symptomatic student receives an approved COVID-19 test that is:</p> <p>Negative:</p> <ul style="list-style-type: none">• Symptoms continue to improve• Fever free for 24 hours off fever reducing medication <p>Positive:</p> <ul style="list-style-type: none">• 10 days have passed since the onset of symptoms• Symptoms continue to improve• Fever free for 24 hours off fever reducing medication <p>Not tested (assumed to be positive):</p> <ul style="list-style-type: none">• 10 days have passed since the onset of symptoms• Symptoms continue to improve• Fever free for 24 hours off fever reducing medication	<p>Students who have traveled outside of New England are excluded from school and required to self-quarantine at home for 14 days.</p> <p>If your student develops symptoms of COVID-19, you should contact your student's PCP to schedule a COVID-19 test.</p> <p>If the test is positive:</p> <ul style="list-style-type: none">• Must isolate at home for 10 days from the onset of symptoms• Symptoms continue to improve• Fever free for 24 hours off fever reducing medication <p>If the test is negative:</p> <ul style="list-style-type: none">• A negative test does NOT eliminate the required 14-day quarantine.	<p>Students who have had close contact with someone diagnosed with COVID-19 are excluded from school and required to self-quarantine at home for 14 days from the last known exposure. If the exposure is with a household member, contact DHHS for additional quarantine guidance. You should contact your student's PCP to schedule a COVID-19 test.</p> <p>A negative test does not eliminate the required 14-day quarantine.</p> <p>If the student receives a test that is positive and remains asymptomatic:</p> <ul style="list-style-type: none">• Isolation may be discontinued 10 days from the date of the first positive test <p>If the student receives a test that is positive and develops symptoms the student may return after:</p> <ul style="list-style-type: none">• 10 days have passed since the onset of symptoms• Symptoms continue to improve• Fever free for 24 hours off fever reducing medication <p>October 9, 2020</p>