

## SAU 90 Return To School Protocols

These protocols apply to all SAU 90 students and staff. Students and staff should follow the same steps.

### Student/Staff will be absent OR answers 'Yes' to any question on the screening form

1. Notify the school and/or school nurse of your child's symptoms and when they began.<sup>6</sup>
  2. Contact your child's physician.
  3. Bring your child to get tested for COVID-19, per physician's instructions.
  4. While waiting for test results, your child must stay home and [isolate](#).<sup>1,2</sup>
    - a. **If *NEGATIVE* for COVID-19:**
      - i. Notify the school nurse
      - ii. Provide proof of negative COVID-19 test (PCR or Antigen tests are acceptable, Antibody tests are not acceptable)  
Your child may return to school once he/she is feeling better and fever-free for 24 hours (off fever-reducing meds).<sup>2</sup>
    - b. **If *POSITIVE* for COVID-19:**
      - i. Notify the school nurse
      - ii. [Isolate](#) at home:<sup>1,2</sup> If possible, your child should stay in their own "sick room" or area and away from others in the home.<sup>3</sup>
      - iii. Your child may return to school when:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2</sup>
    - b. **If symptoms are chronic (not new) and due to a pre-existing medical condition:**
      - i. Provide written medical documentation that the specific symptoms are chronic (not new) and part of a pre-existing medical condition<sup>7</sup>
    - c. **If symptoms are new and testing is not conducted**
      - i. Your child will be treated **as if** they tested positive.<sup>2</sup>
      - ii. [Isolate](#) at home:<sup>1,2</sup> If possible, your child should stay in their own "sick room" or area and away from others in the home. If you have additional children and are unable to keep them separated, those children may also be required to stay home and isolate.<sup>3</sup>
      - iii. Your child may return to school when:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2</sup>
      - iv. Provide medical or public health documentation that self-isolation requirement has been met.<sup>7</sup>
  5. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue isolation and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**
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## Student/Staff reports close contact in the prior 14 days to someone with CONFIRMED COVID-19

**Close contact** is defined as being within 6 feet of an infected individual for 10 minutes or more starting from two days within illness onset.

Confirmed

1. Your child must stay home from school.<sup>7</sup>
2. Report to NH DPHS at (603) 271-4496.
3. Contact your child's physician for PCR or antigen test.
4. Notify the school nurse.<sup>6</sup>
5. Your child must [quarantine](#) at home for 14 days.<sup>1,2</sup> Monitor your child for symptoms daily, follow directions from the NH DPHS and, if possible, separate your child from others in the home.<sup>4</sup>

*If you have additional children that were NOT exposed to the person with confirmed COVID-19 those children may continue to attend school, as long as the exposed child does not develop any symptoms.<sup>5</sup>*

**b. As long as your child does NOT develop any symptoms:**

- i. He/She may return to school when:  
14 days have passed since their last contact with someone with COVID-19.<sup>2,3,4</sup>
- ii. Provide medical or public health documentation that quarantine requirement has been met.<sup>7</sup>
- iii. *Note: An individual cannot test out of 14-day self-quarantine in NH.<sup>7</sup>*

**c. If your child develops symptoms at any time:**

- i. He/She will be required to stay home and [isolate](#) until:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2,4</sup>
- ii. If you have additional children that have been in close contact with the exposed and symptomatic child they would now be required to [quarantine](#) at home for 14 days after the child's recovery.<sup>4,5</sup>

6. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue quarantine and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**

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## Student/Staff reports close contact in the prior 14 days to someone with SUSPECTED COVID-19

**Close contact** is defined as being within 6 feet of an infected individual for 10 minutes or more starting from two days within illness onset.

A person is **suspected** of having COVID-19 if they have one or more symptoms but has not been tested or has not received their results.

1. Your child must stay home from school.<sup>7</sup>

2. Contact your child's physician.
3. Notify the school nurse. The school nurse will consult with NH DPHS, if needed, to determine if the student should be excluded from school.<sup>7</sup>
4. The school nurse and NH DPHS will determine:
  - a. ***If the suspected case has been tested and is waiting for COVID-19 test results:***
    - i. *Does the suspected case have mild non-specific symptoms?*  
If yes, the student in close contact may not need to be excluded from school.<sup>7</sup>
    - ii. *Does the suspected case have highly suspect symptoms?*  
If yes, the student in close contact will need to be excluded from school.<sup>7</sup>
  - b. ***If the suspected case tests NEGATIVE for COVID-19:***
    - i. The student in close contact may return to school.<sup>7</sup>
  - c. ***If the suspected case will not be tested:***
    - i. The student in close contact must self-quarantine for 14 days from their last date of exposure to the suspected case.<sup>7</sup>
    - ii. Provide medical or public health documentation that quarantine requirement has been met.<sup>7</sup>
5. The student in close contact must self-quarantine for 14 days from their last date of exposure to the suspected case, unless otherwise specified by NH DPHS.<sup>7</sup>
  - i. Provide medical or public health documentation that quarantine requirement has been met.<sup>7</sup>
6. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue quarantine and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**

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### **Student/Staff has TRAVELLED outside of New England\* within the past 14 days**

*\*Due to the rapidly changing situation, travel and quarantine guidance may change frequently. The school will follow the most current [guidance](#) issued by the NH Division of Public Health Services.*

1. Notify the school and/or school nurse of your child's recent travel.<sup>1,2</sup>
2. Your child must [quarantine](#) at home.<sup>1,2</sup> Monitor your child for symptoms daily.<sup>4</sup>
  - a. ***As long as your child does NOT develop any symptoms:***  
He/She may return to school when:  
14 days have passed since their last day of travel.<sup>2,3</sup>  
*Note: An individual cannot test out of 14-day self-quarantine in NH.<sup>7</sup>*
  - a. ***If your child develops symptoms at any time:***  
He/She will be required to stay home and [isolate](#) until:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2,4</sup>

3. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue quarantine and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**

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### **Student/Staff is DISMISSED from school due to new or unexplained symptoms of COVID-19**

1. Contact your child's physician.
  2. Bring your child to get tested for COVID-19, per physician's instructions.
  3. While waiting for test results, your child must stay home and [isolate](#).<sup>1,2</sup>
    - a. **If *NEGATIVE* for COVID-19:**
      - i. Notify the school nurse
      - ii. Provide proof of negative COVID-19 test.  
Your child may return to school once he/she is feeling better.<sup>2</sup>
    - b. **If *POSITIVE* for COVID-19:**
      - i. Notify the school nurse
      - ii. [Isolate](#) at home:<sup>1,2</sup> If possible, your child should stay in their own "sick room" or area and away from others in the home. If you have additional children and are unable to keep them separated, those children will also be required to stay home and isolate.<sup>3</sup>
      - iii. Your child may return to school when:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2</sup>
    - c. **If symptoms are chronic (not new) and due to a pre-existing medical condition:**
      - i. Provide written medical documentation that the specific symptoms are chronic (not new) and part of a pre-existing medical condition<sup>7</sup>
    - d. **If symptoms are new and you decide *NOT* to have your child tested for COVID-19:**
      - i. Your child will be treated **as if** they tested positive.<sup>2</sup>
      - ii. [Isolate](#) at home:<sup>1,2</sup> If possible, your child should stay in their own "sick room" or area and away from others in the home. If you have additional children and are unable to keep them separated, those children will also be required to stay home and isolate.<sup>3</sup>
      - iii. Your child may return to school when:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2</sup>
  4. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue isolation and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**
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## Student/Staff TESTS POSITIVE for COVID-19 but does not have any symptoms

1. Notify the school nurse as soon as possible after receiving positive COVID-19 test results.<sup>6</sup>
  2. Isolate at home:<sup>1,2</sup> If possible, your child should stay in their own room or area and away from others in the home. If you have additional children and are unable to keep them separated, those children will also be required to stay home and isolate.<sup>3</sup>
    - a. **As long as your child does NOT develop any symptoms**, he/she may return to school when:  
At least 10 days have passed since the date of his/her positive COVID-19 test<sup>2</sup>
    - b. **If your child develops symptoms at any time**, he/she will be required to stay home and isolate until:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2</sup>
  3. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue isolation and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**
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## Someone in your home TESTS POSITIVE for COVID-19

1. Notify the school nurse after receiving positive COVID-19 test results.<sup>6</sup>
2. If your child has been in close contact with the person testing positive he/she will need to quarantine at home.<sup>1,2</sup> Monitor your child for symptoms daily, follow directions from the NH DPHS and, if possible, separate your child from others in the home.<sup>4</sup>
  - a. **If the person with COVID-19 can isolate themselves in the home and avoid further close contact:**
    - i. Your child may return to school when:  
14 days have passed since the person with COVID-19 began home isolation (as long as your child does not develop any symptoms)<sup>2,3,4</sup>
  - b. **If close contact between your child and the person with COVID-19 cannot be avoided:**
    - i. Your child must remain in quarantine for 14 days **AFTER** the person with COVID-19 meets the criteria to end home isolation.<sup>3</sup>
  - c. **If your child develops symptoms at any time:**
    - i. He/She will be required to stay home and isolate until:  
At least 10 days have passed since symptoms first appeared, **AND**  
At least 24 hours have passed since last fever (off fever-reducing meds), **AND**  
Symptoms have improved.<sup>2,4</sup>
3. Contact the school nurse **before** your child's planned return to school to ensure all criteria have been met to discontinue quarantine and return to school. **Your child must check-in with the school nurse or main office upon their return to school.**

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## **Confirmed or Suspected Case of COVID-19 is reported to the school**<sup>7</sup>

1. Any child with confirmed or suspected COVID-19 will be directed to [isolate](#) at home and contact his/her physician.
2. The parent/guardian of a suspected case will be directed to have their child tested for COVID-19.
3. The school nurse will consult with NH DPHS to determine close contacts and decide who will need to self-quarantine.
4. NH DPHS will notify and inform parents/guardians, students, and other staff of any exposures to people confirmed to have COVID-19.
5. School will notify the community of a **confirmed** case of COVID-19, while maintaining confidentiality.

### References

- <sup>1</sup> <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/sonh/k-12-back-to-school.pdf>
  - <sup>2</sup> <https://www.education.nh.gov/sites/g/files/ehbemt326/files/inline-documents/sonh/covid-19-schoolreopening-07-20-20.pdf>
  - <sup>3</sup> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
  - <sup>4</sup> <https://www.dhhs.nh.gov/dphs/cdcs/covid19/self-quarantine-covid.pdf>
  - <sup>5</sup> <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-19-faq.pdf>
  - <sup>6</sup> <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
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- <https://nhsna.wildapricot.org/resources/Documents/NHSNA%20Best%20Practices%20to%20Reduce%20COVID%20Transmission%20in%20the%20School%20Setting.pdf>

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