

# *Plan for the Safe Return to In-Person Instruction and Continuity of Services*

## 2022-2023

**\*The following medical protocols for attending school regarding COVID-19 are no longer in effect, as of May 11th, 2023 per the end of the Federal COVID-19 Public Health Emergency Declaration**

Please see the [CDC guidance](#)

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Our procedures and protocols reflect our focus of keeping our students and staff in schools in a healthy environment. In trying to simplify the messaging for our community, the following procedures should be universally taken into consideration for ANY applicable illness not restrictive of COVID-19. We recognize that each scenario is unique and we ask that you please use your best judgment in consideration of all students and staff members.

### Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **When to Stay Home:**

If students and/or staff display symptoms, (including but not limited to: fever, chills, sore throat, vomiting or diarrhea) they should STAY HOME and monitor their symptoms, while consulting with their primary care physician. It is recommended that individuals be tested for COVID-19. Those who opt not to test are presumed positive and should STAY HOME and isolate for 5 days. Students and/or staff members may return to school once they are fever-free (off fever-reducing medications) for at least 24 hours and other symptoms are improving. *If COVID-19 is detected please see protocols below.*

If you opt not to test, with symptom improvement and 24 hrs no need for fever reducing medication you may return to school wearing a mask days 6-10.

### **What if I test positive for COVID-19?**

If an individual tests positive for COVID-19, stay home for at least 5 days and isolate from others in your home. It is recommended to wear a high-quality mask if you must be around others at home and in public during those 5 days.

- If you have NO symptoms and test positive, you can end isolation and return after day 5 while wearing a mask for days 6-10\*\*.
- If you HAVE symptoms and test positive, you can come back after day 5 as long as you are fever-free (off fever-reducing medications) for at least 24 hours and other symptoms are improving, while wearing a mask for days 6-10\*\*.

\*\*NOTE: With two sequential negative antigen tests 48 hours apart, you may remove your mask sooner than day 10.

### **What if a Household Contact Tests Positive for COVID-19?**

If a family member tests positive for COVID-19, the student and/or staff member is no longer required to quarantine, regardless of vaccination status, as long as they remain symptom free. It is recommended that they be tested 5 days after last known exposure, but it is not required for attending school.

- If you have NO symptoms and/or test negative, you can come to school.
- If you HAVE symptoms and/or test positive, you can come back after 5 days isolation as long as you are fever-free (off fever-reducing medications) for at least 24 hours and other symptoms are improving, while wearing a mask for days 6-10\*\*.

### **Voluntary Testing**

The school district will continue to provide voluntary on-site, on-demand testing for COVID-19 with parent permission (opt in) for those who are exhibiting symptoms.

### **Return to Play for Student Athletes Testing Positive for COVID-19**

AAP recommends all student athletes consult with their primary care physician for return to play guidance. [LINK](#)

As conditions change we will continue to follow CDC and NH DHHS guidance and recommendations and provide updates to our school community. At this time, we will continue to update the school dashboard with case counts. In the event of a significant upward trend in cases, or an outbreak, notification may be sent out.

In an effort to prevent the spread of illness within our schools we will continue with sanitation and mitigation strategies.