

COVID FAQ'S FOR DISTRICT STAFF

I woke up with one or more of the following symptoms this morning: 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 ...what should I do?

- Contact Heather Meninger in the HR Department at 603-432-6920 ext. 1104 or at hmeninger@londonderry.org
- Follow your school's sick day callout procedures to notify them of your absence.
- If you have any of these symptoms, you will be asked to get a rapid antigen or PCR test before returning to work. We cannot accept a home test as a negative test.

I have tested positive for COVID-19. What do I do?

- Contact Heather Meninger in the HR Department at 603-432-6920 ext. 1104 or at hmeninger@londonderry.org
- Follow your school's sick day callout procedures to notify them of your absence.
- Forward a copy of your positive test to Heather Meninger. Please note any symptoms and date of symptoms onset.
- Do not return to work until you are cleared by DO staff.

Reference: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>

I am vaccinated and have been a close contact to someone that is COVID-19 positive outside of my household. Do I need to be tested before I can return to work?

- If you have NO symptoms and you ARE vaccinated, you do NOT need to be tested to return to work. Monitor for symptoms.

I am NOT vaccinated, and I have been a close contact to someone that is COVID-19 positive outside of my household. Do I need to be tested before I can return to work?

- If you have NO symptoms and you ARE NOT vaccinated, you are not required to be tested to return to work, but it is strongly recommended to have a PCR test 5-7 days after the exposure. Monitor for symptoms.

I am vaccinated and I live with a Household Contact that has tested positive. Do I need to be tested or stay home on quarantine?

- If you ARE vaccinated and have NO symptoms, you are not required to be tested to return to work and you do NOT need to stay home on quarantine with your household contact.

I am NOT vaccinated, and I live with a Household Contact that tested positive. Do I need to be tested or stay home on quarantine?

- If you are NOT vaccinated and a household member has tested positive, you ARE required to stay home during their 10-day isolation PLUS an additional 10 days for your own quarantine. You can NOT

test out of the 20-day quarantine, but we still recommend that you get a COVID-19 test 5-7 days after the onset of symptoms for the Household Contact.

Reference: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

WHY do I have to quarantine for 20 days?

- Per the NH Department of Public Health, a positive person must isolate for 10 days from symptom onset or beginning the day they become positive. An additional 10-day quarantine begins for household members after their last day of exposure in the home as they could become symptomatic and/or contagious during that time. It is typical to see symptom onset on days 8-14.

How do I know that it is OK to return to work?

- The District Office Covid Team and/or HR Department will contact you to clear you to return to work after we receive your PCR test results, or when you have completed your quarantine. Please stay home until you receive the OK to return to work!

(If you have chosen not to disclose your vaccination status, you must follow the instructions for unvaccinated staff in all the above scenarios)

COVID FAQ'S FOR PARENTS/STUDENTS

Someone in my home has the following symptoms: 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 ...what should I do?

- Keep your child home
- Contact the school nurse's office or school main office
- Any of the above symptoms would make it necessary to have a negative rapid antigen or PCR test prior to returning to school, a note from their PCP that specifies their symptoms are not related to COVID-19 or remain out for the 10-day quarantine period. Testing results will need to be provided to the school nurse's office.

DO NOT SEND YOU CHILD TO SCHOOL WITH SYMPTOMS. IF THEY HAVE TESTED NEGATIVE FOR COVID 19 BUT REMAIN SYMPTOMATIC, THEY MUST STAY HOME UNTIL SYMPTOMS HAVE IMPROVED.

My child has tested positive for COVID-19. What do I do?

- Contact your school nurse to let them know of the positive result.
- Your child cannot return to school until they are cleared by DO staff.

Reference: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>

My child is vaccinated and has been a close contact to someone that is COVID-19 positive outside of the home. Do they need to be tested before returning to school?

- If they have NO symptoms and they are vaccinated, they do NOT need to be tested to return to school. Monitor for symptoms.

My child is NOT vaccinated and is a close contact to someone that is COVID-19 positive outside of the home. Do they need to be tested before returning to school?

- If they have NO symptoms and are NOT vaccinated, they ARE NOT required to be tested to return to school, but we strongly recommend a PCR test 5-7 days after the exposure. Monitor for symptoms.

My child is vaccinated and a Household Contact that has tested positive. Do they need to be tested or stay home on quarantine?

- If they ARE vaccinated **and** have NO symptoms, they are NOT required to be tested to return to school and they do not need to stay home on quarantine with the Household Contact, so long as the school has been provided with the vaccination record. However, we strongly recommend a PCR test for all household members 5-7 days after exposure. Monitor for symptoms.
- Please be aware that a sleepover does count as a Household Contact.

My child is NOT vaccinated and lives with a Household Contact that tested positive. Do they need to be tested or stay home on quarantine?

- If they are NOT vaccinated and someone that lives in the home has tested positive, they are required to stay home for the positive person's 10-day quarantine PLUS an additional 10 day quarantine. They can NOT test out of the 20-day quarantine. It is still recommended that all other residents in the home get a COVID-19 test 5-7 days after the onset of symptoms for the Household contact.
- Please be aware that a sleepover does count as a Household Contact.

Reference: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

WHY do we have to quarantine for 20 days?

- Per the NH Department of Public Health, a positive person must isolate for 10 days from symptom onset or beginning the day they become positive. An additional 10-day quarantine begins for household members after their last day of exposure in the home as they could become symptomatic and/or contagious during that time. It is typical to see symptom onset on days 8-14.

How do I know that it is OK to return to school?

- The District Office Covid Team and/or school nurse/House office will clear your child to return to school after you have sent in the negative test/PCP note or when they have completed their quarantine. Please stay home until you receive the OK to return to school.

(If you have chosen not to disclose your family's vaccination status, you must follow the instructions for people that are NOT vaccinated)

Reference links:

State of NH Coronavirus Disease 2019 School and Child Care Toolkit 2021-2022 School Year

<https://www.covid19.nh.gov/sites/g/files/ehbemt481/files/inline-documents/sonh/school-childcare-toolkit-2021-2022.pdf>

Self-isolation guide for COVID 19

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>

Quarantine Guide for Unvaccinated People Exposed to COVID 19 in their household.

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>