

Dear Parents and Guardians,

We hope you are having a safe and healthy summer! We would like to review some essential changes to our regular care of your children at school. The changes are necessary to keep all children and staff safe at school during the COVID-19 pandemic. We want to give you early notice of the changes to help you plan for this school year.

Masks:

Cloth face masks will be required for all students attending Fall Mountain Schools. Masks are to be worn on the bus, when students enter the building, in hallways and bathrooms, and in classrooms. “Mask breaks” will be built into the school day and will vary depending on grade level and activity.

- Acceptable cloth face masks cover a student's nose and mouth. Ideally a mask will be made of two layers of fabric and can be removed and put on by the student independently. Face shields are not an acceptable replacement for a face mask and should not be worn alone. Masks with vents or valves are not allowed in school. The air exhaled from these types of masks can contain droplets that spread the virus.

Plan on sending your child to school wearing a mask along with an extra mask. Please label your child's masks with their name.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Screening at home before school:

According to the New Hampshire Department of Health and Human services “anyone, even with mild symptoms of COVID-19, should not be at school and should be tested for COVID-19”.

Please see flow-chart at the end of this letter for more information.

If your child is sick at school:

In the past, if cold symptoms were mild and your child was feeling well enough to learn, they were able to attend school. Guidelines have now changed, and we will need to dismiss children with mild symptoms from school, unless it is a chronic, explainable symptom as confirmed by your healthcare provider.

Please have a plan in place in the event that your child needs to be dismissed from school because of illness. Every student will need at least one emergency contact on file that can pick your child up from school in 30 minutes.

Medications at school:

Please contact your school nurse if your child needs to take medication at school. Nurses will not be able to do nebulizer treatments during the school day.

If you have any questions regarding this information, please feel free to contact your school nurse. We may need to add to or modify these precautions as the school year progresses. We will communicate with you regarding any changes.

We look forward to a healthy school year!

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Parent/Guardian Info Graphic and Decision Flowchart For Dismissal From School

This document is not a substitute for nursing judgment and does not dictate an exclusive course of action. NH state and district laws and policies should be followed.

Symptoms of COVID-19

- Fever 100.0F or more or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Nasal congestion or runny nose
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste/smell
- Nausea or vomiting
- Diarrhea

Contact your child's healthcare provider and notify your school nurse.

When do I keep my child home from school?

If my child...

- Has any symptoms, even if mild (see flowchart below).
- Has had close contact with a person suspected or confirmed to have COVID-19. (Stay out of school for **14** days. Can not "test out" for earlier return).
- Has traveled outside of NH, VT, ME, MA, CT, or RI in the prior 14 days. (Stay out of school for **14** days. Can not "test out" for earlier return).

Contact your child's healthcare provider and notify your school nurse.

Decision Flowchart For Child who Exhibits Symptom(s) of COVID-19

Guardian contacted for **IMMEDIATE** pick up if at school.

COVID-19 test performed with **NEGATIVE** result
OR
Healthcare Provider Deems Testing Unnecessary

Note from provider to return and general return to school criteria apply (fever free for 24 hours, etc)

COVID-19 test performed with **POSITIVE** results
OR
Guardian opts out of COVID-19 testing (School Nurse required to report to State Dept. of Health)

May return to school:

1. After 10 days have passed since symptom(s) first appeared.
AND
2. At least 24 hours have passed since last fever (off fever-reducing medication)
AND
3. Their symptom(s) have improved.