

Q&A Updated COVID Protocols

Quarantine and return to school

On Monday, January 31st, the District will implement the 5 day isolation and quarantine protocol option recommended by the CDC and NH DHHS. To return to school earlier than the 10 day isolation/ quarantine requirement, staff or students who are feeling better can set up a consultation with the nurse.

Who do I call to schedule a consultation appointment?

You can contact Jayne Sanborn by phone (603)659-3271 ext. 7974 or email sanbornj@newmarket.k12.nh.us between 7:00 AM and 3:00 PM to schedule an appointment. Please bring a signed

Are there specific days and times set aside for these appointments?

Appointments can be scheduled every twenty minutes Monday through Friday between 12:00 PM to 3:00 PM.

Where should I go for my appointment?

The consultation will take place at the small annex building across the street from the JSHS. Please enter through the front door facing the school.

What does the consultation entail?

During the consultation, the nurse will assess symptoms, conduct a temperature check, administer a rapid test, and ensure the student or staff member can wear a properly fitted mask while in public.

Does the consultation need to occur on day five or can it be done on subsequent days?

CDC recommends that a rapid test be administered after five days to determine if a person is contagious. If a person is not feeling well, they should remain at home until they feel well enough to return. Should this happen after day five, the consultation should be scheduled at that time. The District cannot offer more than one consultation per case so it is important that a person's symptoms have improved enough without using medication(s) before scheduling the consultation. The goal is to have staff and students return to school when they are well enough and it is safe to do so.

If the isolation period began before this change occurred, can a consultation be scheduled now?

We are not retroactively changing the requirements for anyone who is in quarantine or isolation prior to that.

Do you accept test results other than those administered by the School Nurse?

We accept any rapid test that is administered by a healthcare provider. Parents and Staff members are free to get a test at a clinic or your PCP and bring the test results to the return

consultation with our nurse. If you are getting a test to be able to return to school on days 6 - do not get a PCR test. These will continue to show a positive result.

Travel

There are no domestic travel restrictions at this time. If you travel and begin to experience symptoms while away - you should follow the quarantine and isolation guidelines. The CDC is working on updating cruise ship guidance - visit their [website](#) for updates.