

## Inter-Lakes School District COVID-19 Information Sheet

### Self-Monitor at Home Daily

COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. As a school community we ask for your support to take the following precaution to prevent the spread of the disease:

- **Prior to arriving at school, check your child(ren) daily for symptoms of COVID-19:**
  - Fever/chills (measured 100.4F)
  - Cough
  - Shortness of breath or difficulty breathing
  - Sore throat
  - Runny nose or nasal congestion
  - Muscle or body aches
  - Fatigue
  - Headache
  - New loss of taste or smell
  - Nausea or vomiting
  - Diarrhea
  
- **Keep your child(ren) home, if your child(ren) have any *new or unexplained symptoms of COVID-19*** (listed above); this includes even mild symptoms. **Please report this to your child(ren)'s School Nurse.**
  - Shared a household (temporarily or permanently) with someone who has been diagnosed with COVID-19 in the prior 14 days.
  - Traveled internationally or on a cruise ship in the last 10 days

### New or Unexplained Symptoms of COVID-19

- Any person with new or unexplained symptoms of COVID-19 will be excluded from school, and instructed to isolate at home and seek testing for COVID-19. Symptomatic students can be allowed to return to school when one of the following two conditions is met:
  1. Person receives an FDA-approved COVID-19 test that is negative, **AND** the person's symptoms are improving and they are fever-free for at least 24 hours off any fever-reducing medications. Approved tests include:
    - A PCR-based molecular test
    - Antigen testing conducted within an appropriate number of days since symptom onset
  2. Person has met CDC [criteria for ending of home isolation](#) (i.e., if person is not tested, they are managed assuming they have COVID-19). At this time, this is a ten (10) day quarantine period.

### Locations for COVID -19 Testing

Below are some contacts for COVID-19 testing; it is recommended you contact the provider for specific information. If you need assistance with accessing testing, please contact your child(ren)'s School Nurse.

- Contact your Primary Care Physician to see if they offer COVID-19 testing
- RiteAid (Meredith) – 279 – 4551; RiteAid (Laconia) – 528 – 1700
- CVS (Laconia) – 527 - 0173
- Walgreens (Laconia) – 524 – 5550; Walgreens (Tilton) – 286 - 1932
- MidState Health by appointment (Plymouth) – 536 - 4000
- ConvenientMD (Belmont) – 737 - 0550
- ClearChoiceMD Urgent Care (Laconia) – 267 - 0656
- Over the Counter Home Tests

### Household Contact with Someone Diagnosed with COVID-19

- If a student has household (temporarily or permanently) contact with someone diagnosed with COVID-19 by PCR or antigen test in the prior fourteen (14) days, they are required to complete self-quarantine at home for ten (10) days from the last known exposure.

### International Travel or Cruise Ship Travel

**Please speak with the school nurse in advance of international travel or cruise ship travel.** If a student has traveled internationally or by cruise ship, they are required to complete self-quarantine at home for ten (10) days unless they meet the following exemptions:

1. Persons who are fourteen (14) days or more beyond completion of COVID-19 vaccination - this means a person should be at least fourteen (14) days beyond receipt of the second dose of either the Pfizer-BioNTech, Moderna, World Health Organization (WHO) approved COVID-19 vaccine, or at least fourteen (14) days beyond receipt of the single-dose Janssen (Jonson & Johnson) COVID-19 vaccine.
2. Persons who are within ninety (90) days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than ninety (90) days prior, then they should still follow the travel quarantine guidance). More information on travel quarantine can be found [here](#)

### Vaccination Information

Information on vaccination is available at: <https://www.vaccines.nh.gov/>

### Healthy Habits

Please help us promote with students:

- Taking care of themselves by getting plenty of rest, eating well, physical activity and drinking water.
- Frequently wash their hands. Hand washing for 20 seconds with soap and water, or using hand sanitizer that contains at least 60% alcohol, is the best way to reduce the spread of germs.
- Cover coughs and sneezes with a tissue or their elbow. Wash hands or use hand sanitizer after they discard of the tissue.
- Don't share personal items such as masks, drinks, food or water bottles.
- Avoid touching their eyes, nose, or mouth with unwashed hands.

### Information on COVID-19

Our school works closely with the New Hampshire (NH) Department of Health and Human Services (DHHS) to monitor the newest information about COVID-19.

Information on COVID-19 is available at: <https://www.covid19.nh.gov/welcome>

