

COVID-19 CLOSE CONTACT / TRAVEL GUIDANCE

FOR INTER-LAKES SCHOOL DISTRICT STUDENTS

Contact your Principal & School Nurse

I have had close contact with someone suspected or confirmed to have had COVID-19 in the past 10 days.

"close contact" is being within 6 feet of the person for a total of 10 minutes



- **DO NOT** come to school -

Contact your healthcare provider for evaluation **AND** self-quarantine for 10 days from last day of exposure.

Contact your Principal & School Nurse prior to travel

I have traveled outside of New England states (NH, VT, ME, MA, CT, RI)

A household member has traveled outside of New England states (NH, VT, ME, MA, CT, RI)

I have a household visitor from outside of New England states (NH, VT, ME, MA, CT, RI)

I have traveled within New England states or no travel

Self-Quarantine for 10 days from last day of travel

OR

Self-Quarantine for 7 days from last day of travel **PLUS** a negative COVID-19 Test (PCR) administered on day 7 of quarantine.

Student **does not** need to quarantine for 10 days

No Restrictions

Resource Links: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>
<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-19-education-faq.pdf>
<https://www.nh.gov/covid19/resources-guidance/documents/monitor-health-table.pdf>