

COVID-19 CLOSE CONTACT / TRAVEL GUIDANCE

FOR INTER-LAKES SCHOOL DISTRICT STUDENTS

Contact your Principal & School Nurse

I have had close contact, outside of school, 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 Internationally and/or on a cruise ship.

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.
Student has the option of ending quarantine after day 7 with a negative SARS-CoV-2 molecular test collected on day 6-7 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>