

December 21, 2020

*Lyme Nursery School Covid-19 Mandatory Household Precautions*

All staff, students, families, and visitors will wear a mask at all times on LNS property, following the NH School Nurses Association and the CDC's recommendations.

No member of our household has any flu or cold symptoms, including: cough, shortness of breath or difficulty breathing, sore throat, nasal congestion or runny nose, fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, diarrhea.

If any member of our household has been sick, it has been 24 hours since the last symptom and a Covid-19 test was taken or discussed with our Primary Care Provider. If a test is recommended and not taken, 10 days must pass before onset of first symptoms.

If any member of a LNS household has had close contact with a person(s) diagnosed with Covid-19, the LNS student or teacher will be excluded from school and recommended to quarantine for a 10-day period. LNS students can return to school following the 10-day period as long as no Covid-19 symptoms are present in the household.

No member of our household has used public transportation, commercial air travel, train or bus travel, within the last two weeks.

No member of our household has traveled outside New England (ME, NH, VT, MA, CT, RI) within the last two weeks. If a family member travels to restricted states, they must either quarantine away from their household for 10 days or keep their LNS student out of school for 10 days.

Our household has not had any guests from outside New England who haven't self-quarantined for 10 days before coming, and they travelled here by their own vehicle.

Special precautions will be taken when visiting or having guests from counties in New England with active cases over 400 per million, see: <https://accd.vermont.gov/covid-19/restart/cross-state-travel>.

All members and guests of our household follow mask-wearing and social-distancing protocols as adopted by the towns of Lyme, Hanover, Norwich, and Lebanon.

All members of our household have worn masks if they have attended a planned gathering over 100 people, following Governor Sununu's order of August 12.

All members of our household follow all current guidelines of the state of NH or VT and the CDC regarding mask-wearing, social distancing, hand-washing, travel, and quarantining.

# Lyme Nursery School

## COVID-19 Mandatory Precautions

Keep our kids and families healthy

Keep our teachers healthy

Keep COVID -19 out of our school

Hold school in-person as many days as we can

# Tips and tricks for the holidays (and all days)

- Always wear masks with those outside household
- Maintain social distance
- Wash your hands...a lot
- Keep your visits outside and SMALL
- Don't expanding social circles - "Stick to school groups"
- Don't spend time with anyone who has cold or flu symptoms
- Inform LNS of travel and visitor plans to understand if quarantine may be required

# Quarantine Requirements:

COVID TEST CANNOT BE USED INSTEAD OF QUARANTINE

## 10-Day Quarantine Likely

- Travel to or visitors from outside New England
- Travel to or visitors from New England counties with Covid case count of 400+ per million\*
- Member of the family had contact with confirmed or assumed case of Covid-19
- Visitors inside your home
- Anyone quarantining in house
- Travel on public transportation

\*As of 11/1 all New Hampshire counties and nearly all New England counties have a case count of 400+ per million

## No Quarantine

- Visitors quarantine for 10 days before arrival and drive their own vehicle
- Travelling to hosts who quarantine for 10 days prior to visit and quarantine is maintained during visit
- Travel to neighboring counties for essential purposes
- Small outside gatherings where masks are worn and social distance is maintained

# When someone in your family is sick:

- LNS should remain home if:
  - Any member of your household has any flu or cold symptoms, including cough, shortness of breath or difficulty breathing, sore throat, nasal congestion or runny nose, fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, diarrhea.
- Call your doctor and ask if a COVID test is recommended:
  - Covid Test Recommended
    - Test and provide LNS Director with results
    - If COVID negative may return after everyone is without symptoms above for 24 hours without medicine
    - If COVID positive must remain home until 10 days after final symptom goes away
  - Covid Test Not Recommended
    - LNS student may return after all members of your household are without symptoms above for 24 hours without medicine