

December 4, 2020

Dear Families,

Please see the updated guidance below from the New Hampshire Division of Public Health Services regarding decreasing the required quarantine period for people potentially exposed to a COVID-19 case. TRSD will now start using these new quarantine requirements as of December 4, 2020. **If your child is currently being required quarantine, please reach out to your school nurse to determine your child's return to school date prior to sending them to school.** Thank you.

NH Division of Public Health Services (DPHS) is decreasing the required quarantine period for people potentially exposed to COVID-19 from 14 to **10 days**, which is consistent with the U.S. Centers for Disease Control and Prevention (CDC) new quarantine guidance:

- o A person who is close contact to another person infectious with COVID-19 must stay home and away from public locations for **10 days** starting from the last day of exposure to the infectious person.
- o A person who has traveled outside of New England must stay home and away from public locations for **10 days** starting from the last day of travel outside of New England (see NH DPHS Travel Guidance for exceptions to travel-related quarantine).
- o Any person who ends quarantine after 10 days must still monitor themselves daily for symptoms of COVID-19 and strictly adhere to all recommended non-pharmaceutical interventions (social distancing, avoiding social gatherings, face mask use, hand hygiene, etc.) for a full 14 days after last potential exposure or high-risk travel. Any person who develops symptoms should immediately isolate and seek testing. **Anyone without symptoms does not need to be tested prior to ending quarantine after day 10.**

**NH DPHS does not recommend routinely adopting the “test out” option in the new CDC guidance.** This “test out” option suggests a person could end quarantine after 7 days if the person tests negative for active SARS-CoV-2 infection within the 48 hours before ending quarantine. Currently testing resources are not sufficiently available to adopt this approach, and risk of transmission is increased.

*Dr. Brian Cochrane*

Interim Superintendent of Schools