

Dear Timberlane families,

March 18, 2021

I want to first thank you for your continued efforts to support our students and staff this school year. This year has brought unprecedented challenges, however we are grateful for the cumulative efforts of so many of our district staff, students, and families to work together to maintain a safe and productive learning environment for our students. While we have seen a general decline in the state and county metrics connected to COVID-19, we have also experienced a recent increase in cases in our school communities. It is essential that we continue to work together as a community to follow all recommended guidance and protocols to prevent the spread of COVID-19 in our schools and greater communities.

In an effort to keep all families informed, we would like to share with you recent changes to the state guidance in two areas as outlined in the Health Alert Network Memo #38. The changes* will be bolded and underlined.

Updated Travel guidance: <https://www.covidguidance.nh.gov/out-state-visitors>

Domestic Travel:

“Domestic travel within the U.S. outside of New England no longer requires quarantine upon return to NH, although people are recommended to still follow CDC's travel guidance, including wearing a well-fitted face mask while traveling, practicing social distancing, getting tested 3-5 days after travel (with a molecular or PCR-based test), and limiting public interactions after travel (even if not required to quarantine).”

International Travel or Travel on a Cruise Ship: Residents of NH, as well as travelers and visitors to NH will still need to self-quarantine for a period of 10 days after the last date of any international travel (except for essential travel to/from Canada) or travel on a cruise ship. For further information, please see the link cited above, or talk to the school nurse.

Educational Setting Quarantine Guidance Change:

NH DPHS will not recommend quarantine for students or staff if a COVID-19 exposure occurs in the classroom setting where students and staff are seated and spaced at least 3 feet apart with consistent and correct face mask use.

This decision is based on:

-Emerging evidence during the COVID-19 pandemic (see [CDC Science Brief](#) and NH DPHS Considerations for Transitioning Between School Instructional Models), and NH's experience with contact tracing in schools, continues to show schools are low-risk for spreading COVID-19.

-A [new study published](#) in the journal Clinical Infectious Diseases is the first to show that in the setting of universal face mask use in classrooms, COVID-19 infection rates were equivalent for schools that implemented either a minimum of 3 feet or 6 feet of physical distancing.

In closing, I would like to thank you once again for your continued commitment to keeping our students, staff, and families safe through your adherence to our school and state guidelines connected to COVID-19. We understand that as the weather begins to warm, environmental allergens increase, and signs and symptoms of both allergies and COVID-19 overlap. We ask that you continue to monitor your child for signs and symptoms daily, do not assume that any signs and symptoms are caused by allergies, and reach out to your child's health care provider if you should have any questions in regard to differentiating between allergies and COVID-19. Please keep your child at home if they are sick and continue to ensure that they wear their masks and practice social distancing. Please direct any questions to your school nurse regarding this letter or your child's medical condition.

Sincerely,

Brian Cochrane

Dr. Brian Cochrane, Interim Superintendent of Schools

* If/when DHHS guidance changes we will update this information