



OFFICE OF THE SUPERINTENDENT OF SCHOOLS
30 Greenough Rd. • Plaistow, NH 03865 603/382-6119
Fax 603/382-3334

Serving The
Timberlane Regional School District
Hampstead School District

Dear Timberlane families,

January 27, 2021

I once again would like to thank you all for your continued efforts to support your students and their teachers this school year. The challenges we have faced as individuals and as school buildings have been unprecedented, and yet we have all pulled together as an educational community. As we continue to see the vaccine ‘rollout’ progress and daily metrics (slowly) decline, I am hopeful that the challenges this global pandemic has brought will wane, and we will be able to return to some sense of ‘normalcy’ in the not too distant future.

Many of you are looking at upcoming February and April vacations as a time to relax and rejuvenate, so I’d like to remind you of some travel guidelines and make you aware of a change to that guidance. The changes will be bolded and underlined. Due to the fact that there are still areas of the country and world that have high levels of COVID-19, and there are new variants that appear to be more infectious, NH DHHS (as of 1/11/2021)* still:

- “discourages personal domestic travel to areas outside of New England (ME, NH, VT, MA, RI, CT)”
- “discourages any personal travel on public mass transportation (i.e., bus, plane, train, subway, etc.)”
- “discourages personal social or family gatherings where unrelated individuals, or people who are not immediate close household contacts of each other, are gathering indoors and in close contact with one another.”

The guidance further mandates that all people who travel outside of New England (CT, MA, ME, NH, RI, VT) for non-essential travel must quarantine for **10** days upon return, or ‘have the option of shortening their travel-related quarantine by getting a test on day 7 of their quarantine to test for active SARS-CoV-2 infection; this test must be a molecular test (e.g., PCR-based test. Antigen tests are not accepted for this purpose. If that test, obtained on day 7 of quarantine, the person is asymptomatic and the test is negative, then the person can end their quarantine.”ⁱ

The new travel quarantine exemption is: **for those people that are fully vaccinated and at least 14 days have passed since receiving the second dose of a COVID-19 vaccine, or for those people previously tested positive for active COVID-19 in the prior 90 days.** Meaning that if a traveler meets either of those criteria, they do not need to quarantine on returning.

In closing, I’d like to thank you for your continued dedication in helping to keep students and staff safe by adhering to all of the guidelines this school year has brought. We ask that you continue to monitor your child for signs and symptoms daily, keeping them home if they are sick and continue to ensure that they wear their masks and practice social distancing. Please direct any questions regarding this letter to the school nurse.

Sincerely,

Brian Cochrane

Dr. Brian Cochrane, Interim Superintendent of Schools

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

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>