

Hello Timberlane School Community,

January 12, 2021

The New Year is bringing a positive direction in dealing with the COVID -19 pandemic. Frontline health workers, including our school nurses, have already received their first round of vaccines, and the roll out of vaccines for others is in progress. TRSD has continued to be successful in taking mitigating steps to avoid transmission in the schools, and we want to again thank you for all of your support in helping with those strategies. TRSD continues to feel that masks, social distancing, cleaning protocols, effective contact tracing and quarantining measures will need to be kept in place for the foreseeable future to ensure that school based transmission is mitigated.

TRSD will be adopting the updated NH Division of Public Health Services [Quarantine Guidelines](#) after being exposed to COVID -19. Individuals who have been identified as a close contact will continue to be asked to monitor for symptoms and encouraged to be tested. Those who have been exposed will be still be required to quarantine for 10 days, unless one of the following new exceptions is applicable:

1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, then you still need to follow all of these guidelines).

Please note that even if either of these two exceptions are applicable, DHHS and TRSD are asking people to continue to monitor themselves for symptoms of COVID-19, practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene at all times.

We highly suggest if your child is symptomatic to please stay home from school and contact your healthcare provider for further information. Please continue to monitor symptoms by utilizing the [Timberlane Daily Home Screening Tool](#) If your child is absent we ask that you contact your school AND fill out the [Timberlane Student and Staff Absentee report for School Nurses](#)

Sincerely,

*Dr. Brian Cochrane*

Interim Superintendent of Schools