

## Updated Guidance for COVID from NH DPHS

Many things are quickly changing in response to the increased research on and vaccine rate for COVID-19, including guidance for schools. This update includes explanations of how Sanborn will be incorporating the new guidance into our operations.

### Quarantine Recommendations for Schools

On March 17, 2021, the NH Department of Public Health Services released [new recommendations](#) for quarantines related to schools. Emerging evidence during the pandemic, as well as NH's experience with contact tracing in schools, shows that schools are low-risk for spreading COVID-19. A [study](#) that is being shared in the news found that in a setting where universal face masks are used in schools, COVID infection rates were the same whether keeping 3 or 6 feet of physical distancing.

NH DPHS has advised schools that in cases where students and staff are seated and spaced at least 3 feet apart, with consistent and correct face mask use, quarantine of the whole class is no longer necessary. This guidance will be used only for situations where settings are controlled and monitored to maintain correct spacing and mask use.

What this means for Sanborn is that in our classrooms where we are able to maintain the 3 feet of physical distance, and we employ correct face mask use, **we will no longer be quarantining entire classrooms of students**. In situations where physical distancing or masking is not controlled, such as in athletic situations for example, larger groups of students may need to continue to quarantine.

This is a positive development, as it keeps our students in school and learning, which is a goal that staff and families have had all year long.

### Travel Guidance

Also this past week, we learned of [new travel guidance](#) from the NH DPHS that may be useful to families who may want to travel during our upcoming April Break.

Domestic travel within the United States outside of New England (NH, VT, ME, RI, CT, MA) **no longer requires quarantine upon return to New Hampshire**, although people are recommended to still follow the CDC's [travel guidance](#):

1. Wearing a well-fitted face mask while traveling
2. Practicing social distancing
3. Getting tested 3-5 days after travel (with a molecular or PCR-based test)
4. Limiting public interactions after travel

Travelers/visitors to AND residents of NH **need to self-quarantine for 10 days after the last date of any international travel** (except for essential travel to/from Canada) **or travel on a cruise ship**. There are some exceptions to this requirement listed in the [travel guidelines](#); please read them for all the details.

All of these changes will be incorporated into the District Re-Entry Plan that is posted on the website within the next week. We will also continue to monitor the state websites for any additional changes that arise.

There is more optimism as we move into spring this weekend, and things are trending in a good direction for all our students, staff and families. Thank you to all of you for your continued patience and support this year, it is appreciated!

Weather this weekend looks fantastic, so get out and enjoy it!