

Re: COVID guidelines 2022-23

Dear MVRSD Community;

We are once again asking for your help to prevent COVID-19 from impacting our school community.

The MVRSD continues to follow the latest recommendations from the New Hampshire Department of Health and Human Services (NHDHHS) in alignment with the CDC.

We are happy to be relaxing and simplifying our protocols for the start of the new school year.

We appreciate your cooperation with these new guidelines,

1. Per CDC recommendations, stay home and [Get tested](#) if you have [COVID-19 symptoms](#).

2. Please notify the school nurse if your child tests positive.

3. If you test positive for COVID, stay home and follow CDC's [isolation recommendations](#). Isolation can end at least 5 days after symptom onset and after fever ends for 24 hours (without the use of fever-reducing medication) and symptoms are improving. You should continue to properly wear a well-fitted mask around others for 5 more days after the 5-day isolation period. Day 0 is the first day of symptoms.

4. If you were exposed to someone with COVID-19, you may have been infected with the virus. Follow CDC's recommendations for [what to do if you were exposed](#). This includes wearing a high-quality mask when indoors around others (including inside your home) for 10 days, testing, and monitoring yourself for symptoms.

5. Test kits are sometimes offered for free. Watch <https://www.covid.gov/tests> for opportunities and updates.

To learn more about COVID-19, please check these trusted resources:

> New Hampshire Department of Health and Human Services:

<https://www.covid19.nh.gov/welcome>

> Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Thank you for your support and partnership to keep our school healthy this year.

Sincerely,

Stephanie W. Pluhar, MS RN

School Nurse MVRHS

