

Pelham School District 2022-2023

COVID Guidance

(Updated 10.11.2022)

Symptoms of COVID-19

Everyone entering our schools must self-screen for these symptoms:

- Fever 100.4° F or above
- Cough
- Sore throat
- Shortness of breath
- Fatigue
- Body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child presents with any of these symptoms at home or in school, they cannot be in school. In order to return to school, your child needs to stay home until symptoms are improved for 24 hours or provide a doctor's note with an alternative diagnosis. We recommend and encourage a COVID test as well. **Not all situations are the same so please reach out to your school nurse for help and guidance.**

At Home Test Protocol

New Hampshire is following the [Center for Disease Control's guidance](#) if you test positive for COVID. **Please do not return with a pending Covid-19 PCR test.**

- **If you test negative** - You can end your isolation and return to school after symptoms are improving and you are fever free for 24 hours, without the use of fever reducing medication.
- **If you test positive** - You must isolate and follow the recommendations below whether or not you are vaccinated.
 - **If you had no symptoms** - You may end isolation after day 5 and wear a mask through day 10.
 - **If you had symptoms** - You may end isolation after day 5 if symptoms are improving and you are fever-free for 24 hours without the use of fever reducing medication. You will be required to wear a mask through day 10. If you still have a fever or your other symptoms have not improved, you will need to continue to isolate until they improve.
- **If you have a diagnosis other than COVID** - You must have a doctor's note with alternative diagnosis (such as Strep throat). You may return after you are fever free without fever reducing medication and have been taking antibiotics for 24 hours, if applicable.
- **If you chose not to test** - You must isolate for 5 days and wear a mask through day 10. You may return when symptoms have improved and you are fever free for 24 hours without fever reducing medication.

Exposure to Covid-19

New Hampshire is following the [CDC guidance if you were exposed to a person who is COVID positive](#). Pelham uses this approach only if you are a household contact. In that case, you must:

- Wear a mask for 10 days from your last exposure, and
- Monitor and test for any symptoms.

We also recommend you test on day 6 after your last exposure.

How to Submit At-Home Rapid Tests

The Pelham School District accepts at-home rapid tests for COVID-19. Once the results are submitted, the school nurse will contact you during school hours to determine whether we can clear your child. Submitting the test does not mean your child is automatically cleared to come back to school. Before returning to school, symptoms must be improving and students must be fever free for at least 24 hours without the use of fever reducing medications in addition to testing negative. To submit your results, please follow these guidelines:

- Administer the test 24-36 hours after the onset of symptoms,
- Send the results by email to:
 - PES: pescareline@pelhamsd.org
 - PMS: jmorrison@pelhamsd.org
 - PHS: Imacpherson@pelhamsd.org
- Include a picture of the test results with the following information:
 - The name of student on whom the test was done
 - Date the test was taken
 - Description of symptoms
 - Start date of symptoms
 - Brand of test and expiration date of test date for the specific kit
- Notes
 - The image needs to be clear enough to determine the results.
 - Some tests have age restrictions (such as the Intelliswab TM) so make sure you read the instructions prior to use.