

Revised COVID/Respiratory Virus Procedures March 2024

Below is updated guidance regarding respiratory viral illnesses (COVID-19, flu, and RSV). This document has been reviewed by our Gathering Waters Medical Advisory Group and is based on the health procedures of SAU29. Please note that the CDC offers separate, specific guidance for healthcare settings and for people with certain risk factors for severe illness (www.cdc.gov). These procedures may be periodically revised and updated to align with CDC Guidelines.

The following policies are those that have been updated per guidance and requirements from the New Hampshire DoE.

Testing:

Optional testing is an additional prevention strategy that you can choose to assist in making decisions to further protect yourself and others.

Symptomatic:

1. Any individual with COVID/Respiratory Virus symptoms will be sent home until your symptoms are getting better overall and you have not had a fever without using fever-reducing medication.
2. Individuals who develop symptoms are encouraged to wear a well-fitting mask.
3. Stay home and away from others if you have symptoms (e.g., fever, chills, fatigue, cough, runny nose, headache, etc.).
4. Individuals can resume normal activities when both are true for at least 24 hours: your symptoms are getting better overall, and you have not had a fever without using fever-reducing medication.
5. It is suggested to add precautions over the next 5 days (e.g., hygiene, masks, physical distancing, and/or testing when you will be around other people indoors). You may still be able to spread a virus that makes you sick, even if you are feeling better.

Layers of Protection:

1. **Masks:** All individuals may choose to mask at any time. Masks cannot be required inside or outside of the building. Wearing a mask can help lower the risk of a respiratory virus transmission and spread to others. Masks will be made available to any community member who would like one.
2. **Sanitize Hands:** Faculty & Staff will reinforce the habit of hand washing and hand sanitizing before and after most activities. Hand sanitizer will be located
3. throughout the buildings.
4. **Air Circulation:** Proper air circulation and ventilation is important to decrease transmission of the viruses. We will utilize air-purifiers in the Lower School. The Upper School is equipped with a new HVAC air circulation system. We will utilize open windows on both campuses to the greatest extent possible.

Safe Building Practices:

1. **Hand Sanitizer:** Hand sanitizer will be available throughout the building and in Classrooms.
2. **Water coolers:** Water coolers will only be used for filling water bottles.

Communication:

1. Principal and Office Managers will be the spokesperson to the family by phone.
2. Principal will send out communications to the class parents/guardians if a student or faculty/staff member has tested positive for COVID/Respiratory (protecting the identity of the individual) that has had exposure to the class. These communications will be previewed with the faculty and staff.
3. Principal will not send out communications to the entire school community if a student or faculty/staff member has tested positive for COVID/Respiratory Virus.

Respiratory viruses still pose a public health risk. If you are sick, you are encouraged to stay at home. The updated CDC recommendations will help to protect our students, staff, and community from serious illness.

If you have questions about this information, please contact Luke Goodwin, School Principal