

Nashua High School North Health Office

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COVID-19: Things to Know Before Coming to School

What are symptoms of COVID-19?

Anyone can have mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus. Symptoms can include:

- fever (measured 100.4F), or feeling feverish
- Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath
- General body symptoms such as muscle aches, chills, and severe fatigue
- Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
- Changes in a person's sense of taste or smell

What is MIS-C (Multisystem Inflammatory Syndrome in Children)?

MIS-C is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra tired. We do not yet know what causes MIS-C. However, many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19.

<https://www.cdc.gov/mis-c/index.html>

I Have a Chronic Condition That May Show Some of the Same Symptoms as COVID-19

Some chronic conditions, such as seasonal allergies or asthma, may share some similar symptoms as COVID-19, making it difficult to know what the cause is. Because of this, it is important for parents and guardians to verify with their health care providers and provide documentation to the school nurses, prior to school starting, regarding any chronic health conditions a student may have AND what types of symptoms the student typically shows.

Screening Prior to Coming to School Each Day (for students and staff)

Prior to arriving to school or getting on the school bus, please screen your student or self for:

- Any ***new or unexplained*** symptoms of COVID-19 (listed above); this includes even mild symptoms
- Close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days
- Travel outside of NH, VT, ME, MA, RI, and CT

If the answer to any of the screening questions is “YES” please keep your student or self home from school. If a student or staff member in school is to have any new or unexplained symptoms of COVID-19, they will be sent home from school.

What Should You Do if You Answered Yes to a Screening Question or Your Student was Sent Home from School for COVID-19 Symptoms?

Any person with new or unexplained symptoms of COVID-19 will be excluded from school, and instructed to isolate at home and seek COVID-19 testing.

Where Can I Go to Get Tested?

- You can call your healthcare provider
- You can call Nashua City Health Department at 603-589-3456, if you live or work in Nashua or visit: <https://www.nashuanh.gov/1383/Testing> for the most up to date testing information
- For residents who live in the Greater Manchester area, please call the Manchester COVID-19 Hotline at 603-668-1547, to explore options for testing locally.
- You can call ConvenientMD 1-833-263-0131

When Can I Return to School?

Symptomatic students or staff can be allowed to return to school when the following have been met:

- The individual has received an approved COVID-19 test that is negative,
AND
- The individual has been fever-free for at least 24 hours off any fever-reducing medications,
AND
- The individual’s symptoms are improving

IF The individual has received an approved COVID-19 test that is positive or the individual does not get tested for COVID-19, the individual can return to school when:

- It has been at least 10 days since the first symptoms started,
- AND**
- The individual has been fever-free for at least 24 hours off any fever reducing medications,
- AND**
- The individual's symptoms are improving

I Was Exposed to Someone with COVID-19. When Can I Return to School?

If you have been in close contact with someone who is suspected or confirmed to have COVID-19, you are required to complete quarantine at home for 14 days from the last possible exposure. Even if you are tested and the test is negative, you must complete the 14 days in quarantine. This is because the maximum amount of time from being exposed to the virus that causes COVID-19 and testing positive is 14 days.

What Should Students and Staff Expect When in School?

- Students and staff will be required to wear an approved face covering while at school. Face-coverings can be removed when students and staff are eating and during short mask breaks determined by the staff member in charge.
- **Acceptable face-coverings include:** *cloth face covering made with multiple layers of fabric or a disposable surgical-style mask*
- **Unacceptable face-coverings include:** *masks with vents/exhalation valves, Gaiters (turtleneck style) or bandanas for masks (worn single layer), and face shields without a mask underneath*
- Masks should fit well at the sides and cover nose, mouth, and chin. Always wash hands before and after touching the face covering. Storage of a face covering should ideally be in a clean paper bag (a plastic bag or container are acceptable). Masks should not be worn on a lanyard, under the chin, or hang from your ear.
- Students' desks are spaced at least 6ft apart from each other
- Students will eat lunch in their classroom at their desks
- Students and staff will be educated on proper face-covering use, proper hand washing, and physical distancing
- Hand Hygiene: Wash with soap and water for 20 seconds or use hand sanitizer. Times to wash: First thing as we enter the building, Before and after eating, After recess. (for elementary school), After going to the bathroom, after blowing nose, before touching your eyes, nose, or

mouth because that's how germs enter our bodies, before and after touching your mask, AND If your hands are visibly dirty or greasy (soap and water only).

- If you have any questions, please reach out to your school nurses or administrators!

We wish everyone a happy, healthy, and successful school year!