

Dear Merrimack Families~

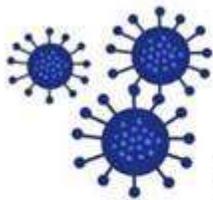
We are aware of the most recent guidance from DHHS regarding the reduction of recommended quarantine time from 14 days to 10 days when exposed to someone with COVID-19. At the same time, DHHS has also acknowledged (see chart below) that 14 days is still the safest and most protective practice. With the number of new cases in the state, and in our community, continuing to remain high and with ample evidence of individuals within our school community who have developed symptoms towards the very end of the 14 day quarantine period, the Merrimack School District **will continue to follow the initial guidance of 14 days of quarantine after exposure**. The quarantine guidelines from DHHS are recommendations and base guidelines, and they have consistently advised that local districts should make the decision based on local conditions in an effort to limit virus transmission. We feel that keeping with the 14 day quarantine after exposure is the best option to help mitigate the risks of spreading COVID where we can. Importantly, since the start of the pandemic, DHHS has advised that the quarantine period for someone who has tested positive for COVID-19 is 10 days (with symptoms improving and no fever for 24 hours) and we continue to follow that guideline. Additionally, please note that if you are a household contact, and continue to be exposed to someone who has tested positive for COVID-19, your quarantine may be longer (see second example below)

This information regarding quarantine time frames applies to all students and staff. Since we have recently returned to on-site learning we felt it necessary to once again clarify our practice regarding quarantine. Our obligation as a school district remains to balance students' educational needs with our responsibility to protect students and staff. With cases still high in our state and community we do not feel the time is yet right to reduce our standards relative to quarantine. We have been, to this point, quite successful in mitigating viral transmission in our schools by maintaining high standards and good practice. We will continue to do so in the best interests of all members of our school community.

Sincerely,

Mark McLaughlin

From DHHS:



# Quarantine: for People Exposed to COVID-19



Calendar example of household contact (where total quarantine is 24 days)

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

