

Dear Parents,

Welcome back! We are all looking forward to a great school year and have been hard at work over the summer ensuring that we provide a healthy and safe learning environment. In conjunction with NH State Guidelines, returning to school will look a little different and we want all families to be informed and educated on what those changes entail.

What will be the SAME this fall in the Nurse's office:

Immunization Requirements:

- Please make arrangements to have your child immunized so they are up to date with immunizations prior to the start of school
- Provide a copy of most recent physical and updated immunization records to the nurse's office prior to the start of the school year.
- If unable to schedule an appointment for immunization prior to the start of school, please schedule and provide an appointment date to the nurse's office

What will be different this fall in the Nurse's Office

- Each school will have different designated areas to assess sick children, administer meds and tend to injuries.
- Students will be encouraged to stay in class for minor issues (not illness related) to decrease student flow in/out of the Nurse's office.
- Teachers will follow a school specific protocol when referring students to Nurse's Office. Outside of emergencies, we are asking that students not come to Nurse independently.

See Back Page of this Letter for additional guidance on the following:

- Mask requirements
- Travel restrictions
- Daily Prescriptions Medications:
- Over the Counter (OTC) Medications:
- Asthma/Nebulizers treatments
- Chronic DIAGNOSED medical conditions (Allergies/Migraines/Acid Reflux) with symptoms that mimic COVID-19
- Dismissal of students with Covid Symptoms
- Handouts:
 - 10 things to prepare for returning to school
 - Daily Screening to be done prior to school

If you have questions/concerns please reach out to your school nurse

ADDITIONAL INFORMATION

Mask Requirement:

- Masks required per Merrimack District policy

Travel Restrictions:

- If traveling outside of New England (New Hampshire, Maine, Vermont, Massachusetts, Connecticut), required 14 day quarantine from date of your return. You CAN NOT test out of quarantine.
- If traveling internationally, required 14 day quarantine from date of your return

Daily Prescriptions Medications:

- When possible: medication administration times should be adjusted for student to take meds at home
- If not possible to administer medications at home, please contact your individual school nurse by email to discuss protocol for orders and dropping off any necessary medications and/or supplies.

Over the Counter (OTC) Medications:

- Student's will only be given OTC medications for diagnosed and documented medical conditions.
- Please do not drop off cold/flu medications for your child, as symptoms that would necessitate these medications will also necessitate your child being sent home.
- If your child is experiencing injury discomfort, menstrual cramps, etc. please attempt to give them medication prior to coming to school.

Asthma/Nebulizers treatments

- Nebulizer treatments will not be allowed in school until further notice
- Inhaler use will require a spacer device. Please contact your physician to obtain one

Chronic Diagnosed Medical Condition

If your child has a DIAGNOSED condition (Allergies/Migraines/Acid Reflux) with symptoms that mimic COVID-19

- A current physician's note will be required, documenting the diagnosed condition, to the Nurse's Office prior to the start of school, to avoid your child being sent home for COVID-like symptoms.(see list below)

*Fever of 100 degrees F or higher or chills *Cough Shortness of breath or difficulty breathing

*Fatigue Muscle or body aches *Headache *New loss of taste or smell *Sore throat

*Congestion or runny nose *Nausea or vomiting *Diarrhea

Verbal assurance will not be adequate to prevent your student from being dismissed for said symptoms.

Dismissal for sick students

- Please update YOUR contact information in PowerSchool.
- Students must be picked up within 30 minutes of call to parent for dismissal
- Please plan accordingly and make alternate arrangements for pickup if you work more than 30 mins away or are unable to leave work for any reason.
- Please add information for alternate pick up person/ emergency contact in PowerSchool