

# MERRIMACK SCHOOL DISTRICT

School Administrative Unit #26

36 McElwain Street

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September 1, 2021

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 for your child. In conjunction with the newest NH State Guidelines, we want all families to be informed and educated on what those guidelines entail.

Regards,  
Merrimack School District Nurses

## **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.
- If your child has received the COVID-19 vaccine, please provide the nurse's office with immunization dates as it will guide contact tracing/quarantining requirements.

### **Health Office Visits**

- Students will continue 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 the 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-19 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:**

- As of 9/1/2021, the District Mask Policy is still in place. At the August 23rd school board meeting, the board voted to allow parents to opt out for student face mask use in the classroom. More information to come on this will be updated and reviewed as needed. Specific mask procedures are posted on the district's main web page.

### **Travel Restrictions:**

- Please see most recent Department of Health and Human Services (DHHS) website for travel restriction guidelines. <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/travel-guidance.pdf>

### **Daily Prescriptions Medications:**

- When possible: medication administration times should be adjusted for student to take medications 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:**

- Students will only be given OTC medications for diagnosed/documented medical conditions, or explained symptoms, including injury discomfort, menstrual cramps, etc.
- 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.

### **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). **If you provided a note to any Merrimack health office last year you do not need to provide a new one.**

\* 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 minutes away or are unable to leave work for any reason.
- Please add information for alternate pick up person/emergency contact in PowerSchool.



## Parent/Guardian Covid-19 Screening Checklist - Merrimack School District

*Every morning before you send your child to school, please check the following:*

**1. Does your child have a fever greater than 100 degrees and/or is experiencing any signs of illness\* such as:**



Fever 100 or chills



Cough  
(especially new onset,  
uncontrolled cough)



Shortness of Breath or  
Difficulty Breathing



New Loss of Taste  
or Smell



Congestion or  
Runny Nose



Diarrhea, Vomiting,  
Nausea, or Abdominal Pain



Muscle or Body  
Aches or Fatigue



Headache  
(particularly new onset  
or severe headache)



Sore Throat

**2. Was your child a close HOUSEHOLD contact with a person with confirmed COVID-19?**

*If the answer is YES to any of the questions DO NOT send your student to school. Stay home and contact your healthcare provider.*

\*Please note any student that develops any of the above symptoms during the school day will have a parent/guardian contacted immediately and will be dismissed with instructions to follow up with a healthcare provider.

\*If your student has a medical condition that may mimic symptoms of COVID-19 please work with your healthcare provider to obtain documentation for the school health office.





## From the Merrimack School Nurses

### TOP 10 THINGS FAMILIES CAN DO TO PREPARE FOR THE NEW SCHOOL YEAR

#### KNOW WHEN YOUR CHILD NEEDS TO STAY HOME

Please do NOT send a child to school who exhibits one or more signs of COVID-19.

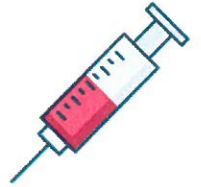
Review Merrimack School District's Screening Checklist. Understand stay at home measures if a student or family member has had close contact or tested positive for Covid-19.



#### UPDATE IMMUNIZATIONS

New Hampshire requires all students to be up to date on their vaccines prior to attending school. If you are not sure if your child is up to date, contact your child's health care provider or school nurse.

We also strongly encourage seasonal flu vaccines once available. If your student has received any vaccines for Covid-19 we encourage you to share this information with your school nurse.



#### REVIEW MASK PROCEDURES

Refer to the current school district Mask Policy on District Website.

Understand who should wear a mask, when and how to wear one. Consider sending a spare mask with your student should a mask become soiled.



#### PRACTICE HAND HYGIENE

Regular thorough hand washing for at least 20 seconds is one of the best ways to avoid getting sick and prevent the spread of infection. Role model behavior at home and provided positive reinforcement.



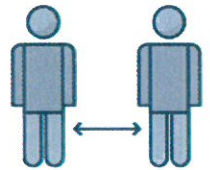
#### SEND A REUSABLE WATER BOTTLE

Water fountains will return to service but it is still encouraged for students to bring a full water bottle to school each day that can then be refilled.



#### PRACTICE PHYSICAL DISTANCING

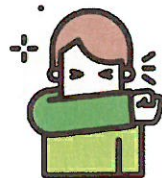
Physical distancing will be encouraged when possible.



#### PRACTICE RESPIRATORY ETIQUETTE

Review measures at home such as cover your cough/ sneeze and washing hands after blowing your nose. Remind children to avoid touching of eyes, nose, mouth, and cloth face covering.

Role model and provide positive reinforcement at home.



#### VERIFY /UPDATE EMERGENCY CONTACT INFORMATION

It is crucial that all contact information including emergency contacts are completed in PowerSchool and on file with the school. If your child presents with Covid-19 excludable symptoms, he/she will need to be picked up immediately.



#### UPDATE MEDICAL PLANS AND MEDICATIONS

Contact your school nurse with any health concerns about your child prior to the start of the school year. Contact your doctor if your student has a chronic medical condition that may mimic symptoms of Covid-19. Obtain updated prescriptions and allergy/asthma action plans. No nebulizers will be given at this time. Inhalers with a spacer may be used with physician orders.



#### STAY INFORMED

Follow public health guidelines. Utilize district websites and social media platforms for latest information and resources.



[www.sau26.org](http://www.sau26.org)

<https://www.facebook.com/merrimackschools/>