



Merri-Loo Community Preschool  
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## COVID-19 Illness and Exposure Protocol

### New or Unexplained Symptoms

Students, staff, and parent helpers with new or unexplained COVID-19 symptoms (fever of 100.4 °F or higher; sore throat; new uncontrolled cough that causes difficulty breathing (for a child with chronic allergic/asthmatic cough, see if there is a change from their usual cough); diarrhea, vomiting, or stomachache; new onset of severe headache, especially with a fever) will be excluded from school and advised to isolate at home. Symptomatic individuals can return to school after current isolation and quarantine guidelines have been met.

### Quarantine

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get [tested](#) 5-7 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. In areas using options to reduce quarantine times, people who are asymptomatic can use a negative test result collected on day five (5) after exposure to exit quarantine on day seven (7), with additional self-monitoring. The day of exposure is considered day zero (0).

Please note that for unvaccinated close [household](#) contacts of someone who has COVID-19 (e.g., a sibling, child, or parent), the quarantine period after exposure without infection is 20 days. Therefore, a Merri-Loo student who has been exposed to COVID-19 within his or her household will be required to stay home from school for 20 days after exposure.

### Isolation

**Isolation** is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others. To calculate your 10 full day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day *after* your symptoms developed. If you test positive for COVID-19 and **never** develop symptoms, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day *after* your positive test. If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 0 is your first day of symptoms. Day 1 is the first full day *after* your symptoms developed.

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Please note that in the event of a positive COVID-19 case within the nursery or pre-K classroom at Merri-Loo, all students, staff, and parent helpers within that classroom will be required to produce a negative COVID-19 test result prior to returning to school after the classroom's quarantine period.

### Travel

- Individuals who travel internationally should follow the State of New Hampshire's quarantine guidance upon return.  
<https://www.covidguidance.nh.gov/out-state-visitors>

***This policy may be modified during the school year in accordance with updated guidelines and mandates, and families will be notified of any changes.***