

THIS IS AN OFFICIAL NH DHHS HEALTH ALERT

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Coronavirus Disease 2019 (COVID-19) Outbreak, Update # 38

Updated Travel Guidance

Quarantine Guidance for Schools

KEY POINTS and RECOMMENDATIONS:

Updated NH Travel Guidance:

- New Hampshire has updated COVID-19 [Travel Guidance](#) and [Employer Travel, Screening, and Exclusion Guidance](#).
 - The State's Reopening [Universal Guidelines](#) have similarly been updated
 - Domestic travel within the U.S. no longer requires quarantine upon return to NH (regardless of COVID-19 vaccination status), this includes domestic travel to U.S. territories
 - People who travel internationally or on a cruise ship are still required to quarantine upon arrival to NH, unless diagnosed with SARS-CoV-2 infection in the prior 90 days or fully vaccinated against COVID-19
 - Everyone who chooses to travel, regardless of vaccination status or prior immunity, should wear a [well-fitted, multi-layered face mask](#), physically distance (i.e., maintain at least 6 feet from other people), avoid large groups and gatherings, frequently sanitize hands, and self-monitor for symptoms
 - Persons required to quarantine after international travel or travel on a cruise ship can choose to end quarantine after 7 days if
 - The person is asymptomatic, and
 - Has a negative SARS-CoV-2 PCR-based test performed on a respiratory specimen that is collected on days 6-7 of quarantine
 - Even though a person may not be required to quarantine after travel, providers should still recommend they seek testing for asymptomatic SARS-CoV-2 infection 3-5 days after travel, per CDC guidance on [travel during the COVID-19 pandemic](#) (applies for both domestic and international travel)

Educational Setting Quarantine Guidance Change:

- Under the Governor's [Executive Order #85](#), all NH schools must now offer in-person learning at least 2 days per week.
- All schools must still follow the current NH [Grades K-12 Back-to-School Guidance](#).
 - New Hampshire allows for a minimum of 3 feet of physical distancing between students in the classroom with a recommendation to maximize physical distancing to the extent possible
 - Face mask use continues to be strongly recommended in all educational settings (including classrooms), especially if students are seated within 3-6 feet of each other

- When face masks are taken off (e.g., when eating lunch), students and staff should be spaced at least 6 feet apart
- If wind instruments and singing are involved in a classroom activity, the NH [arts & music education guidance](#) still applies, and students and staff should be separated by the recommended 8-10 feet of physical distance
- Emerging evidence during the COVID-19 pandemic (see CDC [Science Brief](#) and NH DPHS [Considerations for Transitioning Between School Instructional Models](#)), and NH's experience with contact tracing in schools, continues to show schools are low-risk for spreading COVID-19.
- A [new study published](#) in the journal *Clinical Infectious Diseases* is the first to show that in the setting of universal face mask use in classrooms, COVID-19 infection rates were equivalent for schools that implemented either a minimum of 3 feet or 6 feet of physical distancing.
- Therefore, NH DPHS will not recommend quarantine for students or staff if a COVID-19 exposure occurs in the classroom setting where students and staff are seated and spaced at least 3 feet apart with consistent and correct face mask use.
 - This guidance applies only to controlled and monitored educational classroom settings (including K-12 schools, colleges, and universities)
 - In other settings, NH DPHS will continue to recommend quarantine for persons within 6 feet of someone with COVID-19 for a cumulative time of 10 minutes or longer during the person's infectious period, regardless of mask use

Weekly Partner Calls For:

- **Long-term care facilities and congregate living settings** every Wednesday from 11:45 am – 1:00 pm, in partnership with the NH Healthcare Association (NHHCA):
 - Zoom link: <https://zoom.us/j/511075725>
 - Call-in phone number: (929) 205-6099
 - Meeting ID: 511 075 725
 - Password: 092020
- **Educational and childcare partners** every Wednesday from 3:30 – 4:30 pm:
 - Zoom link: <https://nh-dhhs.zoom.us/j/98062195081>
 - Call-in phone number: (646) 558-8656
 - Meeting ID: 980 6219 5081
 - Password: 197445
- **Healthcare providers and other public health partners** every Thursday from 12:00 – 1:00 pm; these calls focus on new science, medical, and vaccine updates:
 - Zoom link: <https://zoom.us/s/94841259025>
 - Call-in phone number: (646) 558-8656
 - Meeting ID: 948 4125 9025
 - Password: 003270

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- For any questions regarding this notification, please call the NH DHHS, DPHS, Bureau of Infectious Disease Control at (603) 271-4496 during business hours (8:00 a.m. – 4:30 p.m.).
- If you are calling after hours or on the weekend, please call the New Hampshire Hospital switchboard at (603) 271-5300 and request the Public Health Professional on-call.
- To change your contact information in the NH Health Alert Network, please send an email to DHHS.Health.Alert@dhhs.nh.gov.

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From: Benjamin P. Chan, MD, MPH, State Epidemiologist
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Attachments: None