

November 20, 2020

Dear Mount Washington Valley Community Members,

With your cooperation we have been able to keep our school doors open through Thanksgiving while navigating the ever-changing pandemic. Our students have clearly benefited from the return to in-person instruction, and it is our collective goal to do all that we can to keep our school buildings open for students. As you prepare for the coming holidays, we encourage you and your families to remain informed and vigilant in your decision-making to support us in that shared goal.

When planning, please consider the following:

- Holiday gatherings: The [CDC](#) and NH DHHS recommend limiting holiday gatherings to members of your immediate household. If you are planning holiday celebrations, please consider all participants' travel exposure as well as the size of your gathering(s). This [Georgia Tech risk calculator](#) calculates the risk that at least 1 person in a gathering will have Covid-19 based on size of gathering and region (by county).
- Travel\*: The [CDC](#) continues to urge us to stay home noting that travel increases one's chances of getting and spreading COVID-19. NH DHHS also recently updated [travel guidance](#):
  - Travelers/visitors to AND residents (including college students) of NH need to self-quarantine for 14 days following the last date of any high-risk travel, which includes travel outside of the New England states, international travel (including to/from Canada), and travel cruises.
  - People meeting the criteria for high-risk travel have the option of shortening their 14-day quarantine by obtaining a PCR-based test on day 7 of their quarantine; antigen tests are not accepted for this purpose.
    - If the test obtained on day 7 of quarantine is negative and the person is asymptomatic, then the person can end their quarantine early. Individuals who meet this criteria must still self-observe for symptoms of COVID-19.
    - Any new symptoms of COVID-19 should prompt the person to isolate and seek testing again (even if the person recently tested out of quarantine).
    - This 7-day "test out" of quarantine option ONLY applies to travel-related quarantine (not quarantine due to close contact exposure to a person with COVID-19).

\*Please note: Travel guidance and our procedures may change during your travel period.

- Testing: NH DHHS continues to encourage anyone with new or unexplained, even mild, [symptoms of COVID 19](#) to contact their health care provider and seek a test.
  - Families may receive coverage for testing costs through Medicaid by completing documentation available at [nheasy.nh.gov](http://nheasy.nh.gov) and Mount Washington Valley [testing sites](#).

Thank you for your continued commitment to keeping our community members safe and healthy and our schools open in this unprecedented time.

Kevin Richard,  
SAU 9 Superintendent

Meredith Nadeau,  
SAU 13 Superintendent

Sarah Arnold,  
NE Woodlands Charter Head of School

Dr. Rich Laracy,  
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