

March 19, 2021

Dear SRSD Families and Staff,

The Shaker Regional School District has updated our travel guidelines to align with the new NH DPHS recommendations.

Domestic travel:

- 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 Hawaii, Alaska, and U.S. territories.
- Even though a person may not be required to quarantine after travel, it is still recommended to test for asymptomatic COVID-19 infection 3-5 days after travel.
- Everyone who chooses to travel, regardless of vaccination status or prior immunity, should wear a well-fitted, multi-layered face mask, physically distance - maintain at least 6 feet from others, avoid large groups and gatherings, frequently sanitize their hands, and self-monitor for symptoms.

International or cruise ship travel:

- People who travel internationally or on a cruise ship are still required to quarantine upon arrival to NH, unless they:
 - Are fully vaccinated against COVID-19 (14 days beyond completion of vaccination), or
 - Previously diagnosed with COVID-19 infection in the 90 days prior to travel, or
 - Traveled specifically to/from Canada for “essential travel” purposes
- 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 COVID-19 PCR based test that is collected on days 6-7 of quarantine.

If you have any questions or concerns please contact your school nurse.

Sincerely,

Your Shaker Regional School District Nurses

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