



COVID Management Plan for 2022-23

As we prepare for the return of students this fall, we recognize that pandemic conditions persist. We also recognize and celebrate, however, the extent to which Exeter has persisted through these challenges over the last few years. This coming school year, we will build on what we have learned from our own experiences at Exeter and by gathering information from other schools and experts in infectious disease and community health.

We will continue to prioritize the student experience and the health and safety of our campus community. And, we will remain flexible as conditions warrant shifts in our protocols.

We are at our best when students are able to participate fully in classes, performances, athletic contests, and other activities that bring them joy and challenge. By and large, we were able to keep cases down on campus last spring and return students to their activities as quickly and as safely as we could, minimizing the disruption created when students contract COVID-19. We are confident we will be able to build on that success this fall and throughout this school year.

Our specific protocols are outlined in the questions and answers provided below. Please do not hesitate to reach out to Assistant Principal Lassey, if you have specific questions or concerns.

What is the COVID-19 vaccination policy for the Academy?

We require that all students are up-to-date with an FDA approved COVID-19 vaccine. The three approved vaccines are Pfizer-BioNTech, Moderna, and Janssen/J&J vaccines.

What does up-to-date mean for COVID-19 vaccination?

Up-to-date is defined as completion of the primary vaccine series, doses 1 and 2 for Pfizer and Moderna and dose 1 for Janssen/J&J, *and* a booster vaccine when eligible.

Are there any exceptions to the COVID-19 vaccination policy?

It is possible for families to submit an exemption request for medical or religious reasons. Medical exemptions must come from a student's treating physician or medical provider and will be reviewed by the Academy's medical director for final approval. Religious exemption forms must be notarized and submitted with the form in this [link](#).

What if the approved vaccinations are not available for my student in our country of residence?

The Lamont Health and Wellness Center staff will work with your family to vaccinate your student upon arrival to school. Please email us at healthservices@exeter.edu for more information.

How long must a student isolate when infected with COVID-19?

We follow the guidance from the New Hampshire Division of Public Health Services and the Center for Disease Control (CDC) and isolate students for 5 days. A medical provider at the health center will calculate isolation with an infected student starting with either the date that symptoms started or the date of a positive COVID-19 test result, whichever was first. This date is day 0. The following day is day 1. A student remains in isolation for days 1-5. On day 6, a student may end isolation if symptoms are improving, and they are fever free without medication for the previous 24 hours. This [calculator](#) can be used to help determine isolation dates. After isolation ends, students will be required to wear a well-fitted face mask while awake for days 6-10.

Where will isolation take place for COVID-19 infected students?

Students within driving distance of home (within 7 hours) will be asked to return home to isolate. For students who do not have the ability to return home to isolate, on campus arrangements will be made at either the Lamont Health and Wellness Center or another area of campus depending on illness severity and capacity.

How will a student in isolation keep up with schoolwork?

If a student in isolation is too sick to keep up with school work, teachers will work with them on a return plan as they would with any other student absence due to illness. If a student is capable of keeping up with assignments, teachers will work with them to allow them either individual conferences to cover missed material or real-time access to observing (but not participating in) classes. Each department will create strategies that best suit the demands of their subjects and assignments.

When can a student return to physical activity after COVID infection?

Because COVID-19 infection is occasionally associated with myocarditis, or inflammation of the heart muscle, each student infected with COVID-19 will undergo a graduated return to physical activity. We follow guidance from the American Association of Pediatrics (AAP) for returning students to sports and other strenuous physical activity. More information from the AAP can be found [here](#). The athletic training team will oversee the return to play process for each student. Generally, a student with mild infection and in whom symptoms have resolved for a minimum of one day may start this process as soon as isolation is complete. The first day for an athlete returning to activity will need to be the equivalent of a light practice, the second day will be a full practice, and competition level play can resume the third day as long as the student displays no worrisome cardiac or respiratory symptoms.

What if my student is identified as a close contact?

Here, again, we follow guidance from the New Hampshire Division of Public Health Services and identify household close contacts of positive COVID-19 cases. In our residential school environment, a household close contact is a roommate to a student of a positive case of COVID-19. Occasionally, other close contacts may be identified if a student had prolonged and significant closeness to a positive student. Vaccinated close contacts will be required to mask indoors for 10 days from the last exposure to a positive case and will be tested for COVID-19 when initially identified, around day 5 to 7, and immediately if any symptoms develop. Those who are not fully up-to-date on vaccinations must complete a 5-day quarantine either at home (if within driving distance) or at the Lamont Health and Wellness Center or other designated space on campus.

Will masks be required on campus?

Anyone on campus may choose to wear a facemask at any time. Additionally, people who recently completed isolation for COVID-19 and identified close contacts (see above) will be required to wear masks for a period of time. While masks are optional in most indoor spaces, we will continue to require masks when gathered in the Assembly Hall. There may be times when the entire campus community will be asked to mask indoors, such as at the start of the school year to reduce travel-related spread of COVID-19, or if our local level of COVID-19 infection transmission is high.

When will students be expected to test for COVID?

We will implement a symptoms-only testing protocol and will not conduct COVID screening or surveillance testing. Students or employees who experience COVID-like symptoms should seek care and testing at the earliest onset of symptoms. We encourage students and families to consider conducting a rapid test prior to a student traveling to campus, but will not require students to submit results.

What can I do to help prevent COVID-19 infections from spreading on campus?

In addition to adhering to the Academy guidelines, all members of campus are expected to monitor for COVID-like symptoms and test as early as possible for COVID-19. The Lamont Health and Wellness Center is available to all students at any time for testing and care.