

Dear Families:

We are asking for your help to prevent COVID-19 from impacting our school community.

COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. As a school community we ask for your support to take the following precaution to prevent the spread of the disease:

- Keep sick children home and report their illness to the school nurse if your child has a fever or is not feeling well.
- Know the symptoms of the COVID-19:
  - Fever (measured 100.4F), or feeling feverish;
  - Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath;
  - General body symptoms such as muscle aches, chills, and severe fatigue;
  - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea, and
  - Changes in a person's sense of taste or smell
- Prior to arriving to school, please screen your student for:
  - Any **new or unexplained** symptoms of COVID-19 (listed above); this includes even mild symptoms. Parents need to answer the screening questions and submit their child's temperature through the PickUp Patrol Program (if parents have any questions regarding this program, they should contact their child's principal).
  - Close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days.
  - Travel outside of NH, VT, ME, MA, RI and CT.
- Any person with new or unexplained symptoms of COVID-19 will be excluded from school, and instructed to isolate at home and contact their primary care provider for COVID-19 testing. Symptomatic students or staff can be allowed to return to school when one of the following two conditions is met:
  1. Person receives an approved COVID-19 test that is negative, **AND** the person's symptoms are improving and they are fever-free for at least 24 hours off any fever-reducing medications. Approved tests from the NH Department of Health and Human Services include:
    - A PCR-based molecular test
    - Quidel Sofia antigen testing is conducted within 5 days of symptom onset
  2. Person has met **CDC criteria for ending of home isolation** (i.e., if person is not tested, they are managed assuming they have COVID-19).
- If a student has close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days or has a travel-related risk, they are required to complete self-quarantine at home for 14 days from the last known exposure.

Together, working with you, we will teach and promote all students to:

- Frequently wash their hands. Hand washing for 20 seconds with soap and water, or using hand sanitizer that contains at least 60% alcohol, is the best way to reduce the spread of germs.
- Cover coughs and sneezes with a tissue or their elbow. And to wash their hands or use hand sanitizer once they discard of the tissue.
- Not to share personal items such as drinks, food or water bottles.
- Practice social distancing by maintaining at least 6 feet between people when outside their home.
- Properly wear a cloth face covering that covers their mouth and nose to protect others when in public areas.
- Avoid touching their eyes, nose, or mouth with unwashed hands.

Children may worry about themselves, their family and friends getting sick with COVID-19. Tips for talking to children about COVID-19 can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>.

Our school works closely with the New Hampshire (NH) Department of Health and Human Services (DHHS) to monitor the newest information about COVID-19. For more information on COVID-19 in NH, please visit <https://www.nh.gov/covid19/index.htm>. For the latest information from the CDC, please visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Thank you for your support and partnership to keep our school healthy this year!

Sincerely,



William J. Rearick  
Superintendent of Schools