



LONDONDERRY SCHOOL DISTRICT

March 2, 2020

Dear Families,

I am writing you to provide you an update about the 2019 Coronavirus (COVID-19). There has been one presumptive case of COVID-19 identified in New Hampshire, although not confirmed yet by the Center for Disease Control. This person from Grafton County is not sick enough to be hospitalized and is isolated at home. It is important for all us to make sure we are taking precautions to help prevent the spread of COVID-19, as well as, other respiratory illnesses that we typically see this time of year, such as the seasonal flu.

We are working closely with the New Hampshire Department of Health and Human Services Division of Public Health to monitor the impact of COVID-19 and make decisions about the best steps to take concerning schools.

Preventive measures that all families can take that can be taken to help reduce the spread of respiratory viruses include:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not to share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Remain home for at least 24 hours after you no longer have a fever (without fever-reducing medication) or signs of a fever (i.e., chills, feeling warm, flushed appearance), and respiratory symptoms are improving.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

If a student, staff member, or volunteer in our schools is diagnosed with COVID-19, we will work closely with NH DPHS to identify close contacts of the person diagnosed and to coordinate messaging to the school community. NH DPHS will make

recommendations for monitoring of close contacts, which will depend on the epidemiology of COVID-19 in the state at that time.

Over February break all schools were cleaned and disinfected. The protocol will continue to be cleaning all common areas, welcome centers and classroom hard surfaces nightly. This includes all frequently touched surfaces such as desks, tables, chairs and doorknobs. No additional disinfection beyond routine cleaning is recommended at this time.

When you call the absentee line to report your child's absence, please leave the reason for the absence and specifically if your child is exhibiting any symptoms of respiratory like illness.

Coronaviruses are a family of closely related viruses. Some coronaviruses cause the common cold but the virus causing COVID-19 is a new type of coronavirus that we believe moved from animals into humans and is infecting people for the first time. This virus spreads primarily through respiratory droplets such as occur when an infected person coughs. Risk for transmission between people is highest with close contact (e.g., family members, healthcare settings).

For confirmed COVID-19 cases, symptoms typically include fever, cough, and shortness of breath. Currently, there is no vaccine to prevent infection with this virus, and there is no specific antiviral treatment recommended once infected. The best way to prevent infection is to avoid being exposed to this virus.

Nationwide, people who have returned from mainland China are being monitored by public health authorities and must stay home for 14 days after their arrival. Others who have returned from other locations with travel notices for COVID-19 may continue to attend work and school. They are not being monitored by public health authorities but are being advised to remain alert for fever or respiratory symptoms (e.g., cough, shortness of breath).

Per the Center for Disease Control and NH DPHS, if symptoms develop a person should:

- Take their temperature with a thermometer
- Stay home and avoid close contact with other people
- Seek health advice by phone from either a healthcare provider or the NH DPHS at 603-271-4496 (after hours 603-271-5300).
- Before going to a doctor's office or emergency room, the individual should call ahead and tell the provider or office about recent travel and symptoms.
- Practice strict respiratory etiquette and hand hygiene including covering the nose and mouth and nose with a tissue when coughing or sneezing and washing hands often with

soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap and water are not available.

- Symptomatic individuals should wear a surgical mask when traveling outside of the home (e.g., to a doctor's office) to protect others.

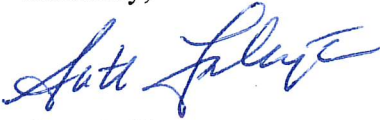
For more information, we have attached a self-monitoring guide

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for updated information:

- U.S. CDC website: <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- NH DPHS website: <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

We will notify you of any additional changes to our school's strategy to prevent the spread of COVID-19.

Sincerely,

A handwritten signature in blue ink, appearing to read "Scott Laliberte".

Scott Laliberte
Londonderry School District
Superintendent