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Soaring to Excellence

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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.
 - 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 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, 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/> . 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,

HeatherAnn LaBier RN, MSN
District and Hillsboro-Deering High School Nurse

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Hillsboro-Deering Elementary School Nurse

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Hillsboro-Deering Middle School Nurse

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