

Dear Families,

We are truly looking forward to having our students back in school this fall. We know the overall well-being of our students is best supported by being together in school. We hope to partner with you to provide the safest possible environment we can. Here are a few important things we are asking of all our families and staff:

- Learn the symptoms of COVID-19 and keep your child home for **even mild symptoms**. Public health officials recommend COVID-19 testing for any new or unexplained, even mild symptoms of COVID-19 so please consult with your healthcare provider for testing options.

Screening—prior to leaving home, please screen your student with the following questions:

1. Any symptoms of COVID-19 (fever, cough, shortness of breath, fatigue, muscle aches, headache, runny nose, sore throat, sudden loss of taste or smell, nausea, vomiting or diarrhea)?
2. Any close contact with someone suspected or confirmed to have COVID-19 in the past 14 days?
3. Traveled in the past 14 days outside of New England (NH, ME, VT, MA, RI, CT)?

If the answer to any of the screening questions is 'YES', even if symptoms are mild, or their temperature is 100 degrees or higher

- **Keep your child home**
 - **contact the school to report the absence and the reason at 603-447-6364**
 - **contact your healthcare provider to discuss testing for COVID-19**
 - **follow public health guidance for isolation and quarantine**
 - **any suspected or confirmed cases should be reported to the school immediately**
- Additionally, monitor your child for symptoms of Multi-Inflammatory Syndrome in Children (MIS-C) and consult your health care provider with any concerns. Symptoms may include:
 - Fever ➤ Abdominal pain ➤ Neck pain ➤ Vomiting and diarrhea
 - Rash ➤ Bloodshot eyes ➤ Feeling extra tired
 - **It is critical that we have up-to-date information and contact numbers.** Please plan now for the possibility your child will need to be dismissed during the school day if they develop even mild symptoms. Please update in Powerschool or contact the school directly with your current information.
 - If your student has any **underlying medical conditions** please discuss with your health care provider any adjustments to their health needs at school and provide documentation to the school nurse.
 - Students with **asthma** will be encouraged to use their inhaler with a spacer. Due to the higher risk of aerosolization, nebulizers are not recommended in the school setting. Please discuss with your health care provider and provide an updated asthma action plan to your school nurse.
 - If your student requires **medication** at school, please contact us in the nurse's office for drop-off procedures. Students should carry their emergency Epi-Pens, inhalers, and diabetic supplies.
 - **Everyday prevention measures** should be role modeled and reviewed with your student:

SLOW THE SPREAD OF COVID-19

CDC.gov/covid19



As your school nurse, I want you to be aware of steps being taken to minimize the spread of COVID-19 given the information we know at this time :



School Nurse Visits- All school nursing services will be provided as usual and we will be working with families of students with medical conditions to make necessary adjustments to meet their health needs. Masks will be mandatory, physical distancing will be applied, enhanced cleaning and disinfection will occur regularly.



Cloth face coverings are one of our best tools against the coronavirus, as it is spread through respiratory droplets expelled when a person talks, sneezes, or coughs. Wearing a mask provides a barrier and prevents others from being exposed, especially our more vulnerable students and staff. Some individuals--especially children--may be asymptomatic but still carry the virus. We must all do our part to prevent the spread of the virus by wearing a cloth face covering.



Immunization Requirements- NH State Law Immunization Requirements remain in effect and are critical for protecting against other contagious diseases. In addition to the required vaccines, it is strongly encouraged that you consider the flu vaccination for your child this school year.

Illness during the school day- If your child develops symptoms of COVID-19 (see Screening Questions) or a temperature of 100 or greater during the school day, they will be placed in a separate room and monitored. Families will be asked to pick up their student **as soon as possible**. Students will not be allowed to ride the bus. Under certain circumstances, it is also possible siblings of a student will need to be dismissed. The nurse is required to contact the NH Department of Public Health to report any highly suspected cases and will be consulting as necessary

Enclosed you will find some helpful resources and visual reminders for your home:

NH DHHS Mental health, stress, and anxiety supports during COVID-19

<https://www.nh.gov/covid19/support/index.htm>

DOE Five steps to expect if a student or staff member tests positive for COVID-19

<https://www.education.nh.gov/sites/g/files/ehbemt326/files/inline-documents/sonh/covid-whattoexpect-doe.pdf>

CDC How to wear and safely take off a mask

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

CDC Symptoms of coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

CDC Handwashing

<https://www.nh.gov/covid19/resources-guidance/documents/hands-kids.pdf>

I understand the challenges that COVID-19 presents. Thank you for partnering with us to create a successful school year. We are all in this together! Please feel free to contact me with any questions or concerns at 603-447-6364.

Sincerely,

Paula Jeffrey, R.N.

A. Crosby Kennett Middle School

176 Main Street

Conway, NH 03818

603-447-6364

Parameters for Return to School

Possible COVID-19 Scenario	Action	Protocol For Return to School
Student confirmed positive for COVID-19	<ul style="list-style-type: none"> ● Stay home ● Report suspected/confirmed case to school nurse or building administrator ● Follow guidance from NH DPHS for <u>self-isolation</u> 	<p>Remain home for 10 days from symptom onset or date of positive test and at least 24 hours have passed without symptoms, including fever without fever-reducing medication</p> <p>Provide documentation from public health that self-isolation period has been met</p>
Student identified as close contact to confirmed COVID-19 case	<ul style="list-style-type: none"> ● Stay home ● Report known exposure to school nurse or building administrator ● Follow guidance from NH DPHS for <u>self-quarantine</u> ● Monitor for symptoms and if they develop contact your healthcare provider for COVID test 	<p>Remain home for 14 days from last exposure</p> <p>Individual cannot test out of self-quarantine period</p> <p>Provide documentation from public health that self-quarantine period has been met</p>
Student traveled in prior 14 days outside of New England (outside of NH, VT, CT, ME, RI, MA)	<ul style="list-style-type: none"> ● Stay home ● Report travel risk to school ● Follow guidance from NH DPHS for <u>self-quarantine</u> ● Monitor for symptoms and if they develop contact your healthcare provider for appropriate COVID-19 test 	<p>Remain home for 14 days after returning to NH</p> <p>Individual cannot test out of self-quarantine</p>
Student develops new or unexplained symptoms of COVID-19 and appropriate testing conducted	<ul style="list-style-type: none"> ● Stay home ● Contact your healthcare provider and seek appropriate COVID-19 test 	<p>Provide a negative test result and symptoms improve, including fever without fever-reducing medication</p> <p>If test result is positive remain home for 10 days from symptom onset or date of positive test and at least 24 hours have passed without symptoms, including fever without fever-reducing medication</p>
Student develops new or unexplained symptoms of COVID-19 and <u>testing not conducted</u>	<ul style="list-style-type: none"> ● Stay home ● Contact your healthcare provider 	<p>Remain home for 10 days from symptom onset and at least 24 hours have passed without symptoms, including fever without fever-reducing medication</p>

Refer to NH Department of Public Health for more information

<https://www.nh.gov/covid19/index.htm>

For questions please feel free to contact the school nurse at 603-447-6364



New Hampshire

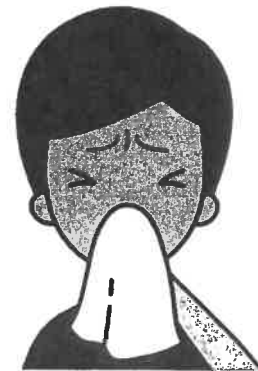
Department of Education

5 steps to expect if a student or staff member tests positive for COVID-19

Case interview

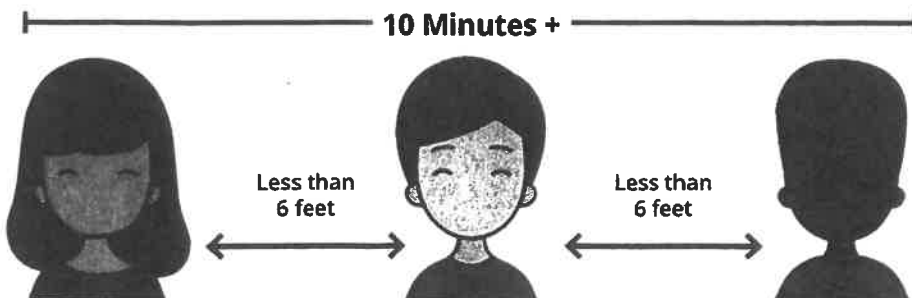
Once a positive result is reported, public health officials will contact the person with COVID-19. If the infected person is under 18 years old, the person's parent or guardian will be contacted.

An investigation will be conducted and the person with COVID-19 will be asked to isolate at home.



Identification of close contacts

Public health officials will assess who is considered to be a close contact and needs to be quarantined. The school may be contacted to get seating arrangements or other information.



Close contacts are those that had close, prolonged contact with the infected person. This is defined as six feet or closer for ten minutes or more.

Isolation for people with COVID-19

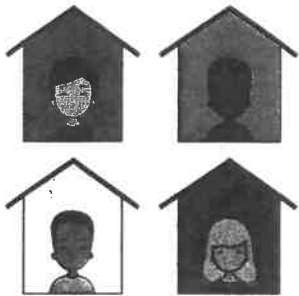
Children or staff who are under isolation will be required to stay home until they meet the following criteria:

If symptomatic:

- ✓ No fever for at least 24 hours without the use of fever-reducing medication
- ✓ Symptoms have been improving for at least 24 hours
- ✓ At least ten days have passed since symptoms first started

If asymptomatic:

- ✓ At least ten days have passed since their test was collected



Quarantine of close contacts

Children or staff who are under quarantine will be asked to stay home for 14 days after their last exposure to the infected person, monitor for symptoms and seek testing.

A negative test does not shorten the length of quarantine.

Return to school

People with COVID-19 may return once they have:

- ✓ Met **ALL** of the relevant criteria outlined in Step 3
- ✓ Received a release letter from public health officials

Close contacts may return once they have:

- ✓ Completed their quarantine period without developing symptoms or testing positive



For education related questions, call

603.271.3494

For TDD Access:

Relay NH 1.800.735.2964

For public health related questions, call

603.271.4496

After-hours: Call 603.271.5300

and ask for the public health nurse on call

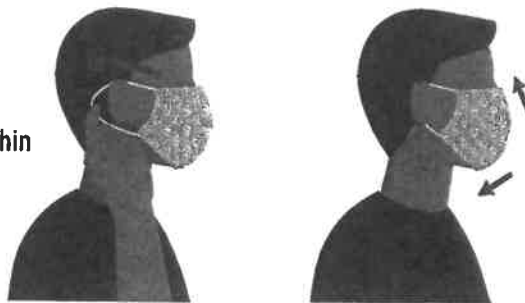


How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

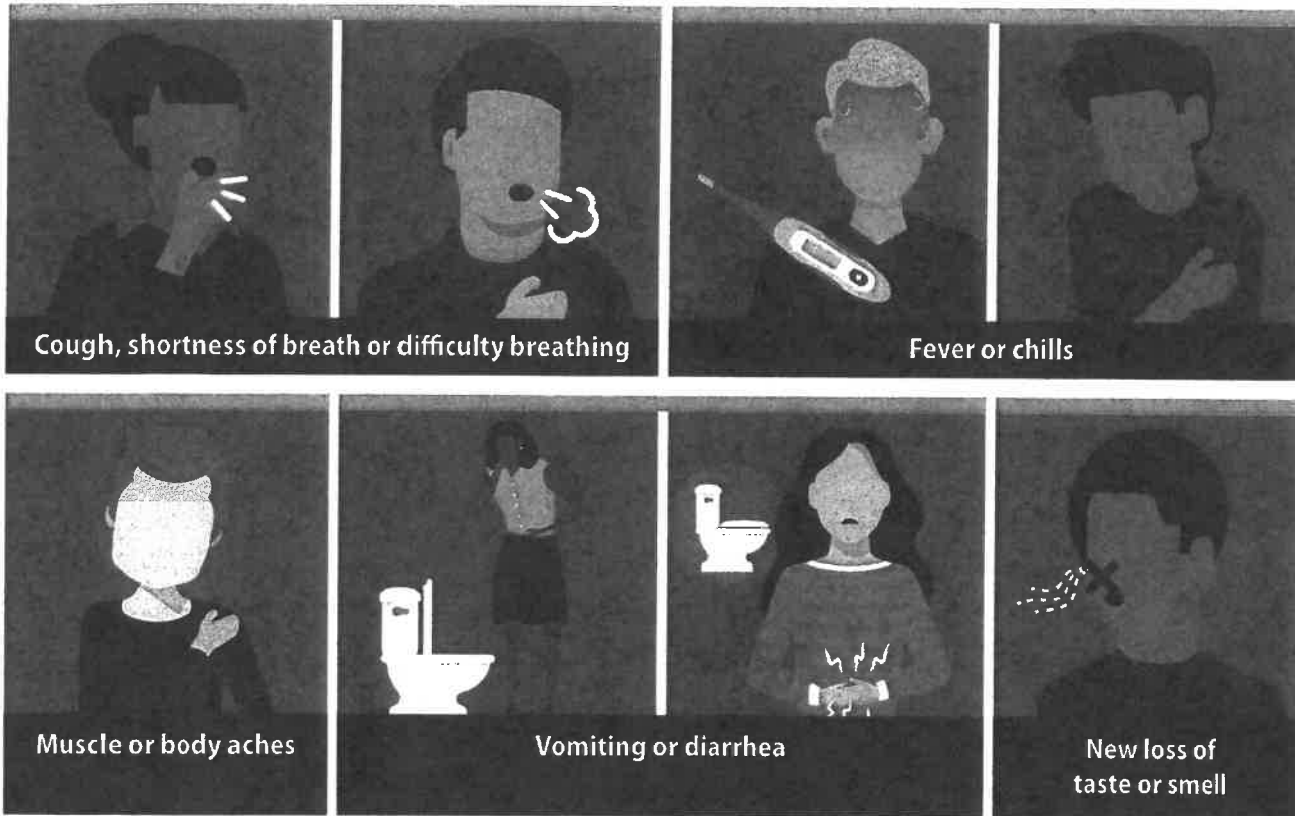
For instructions on making a mask, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

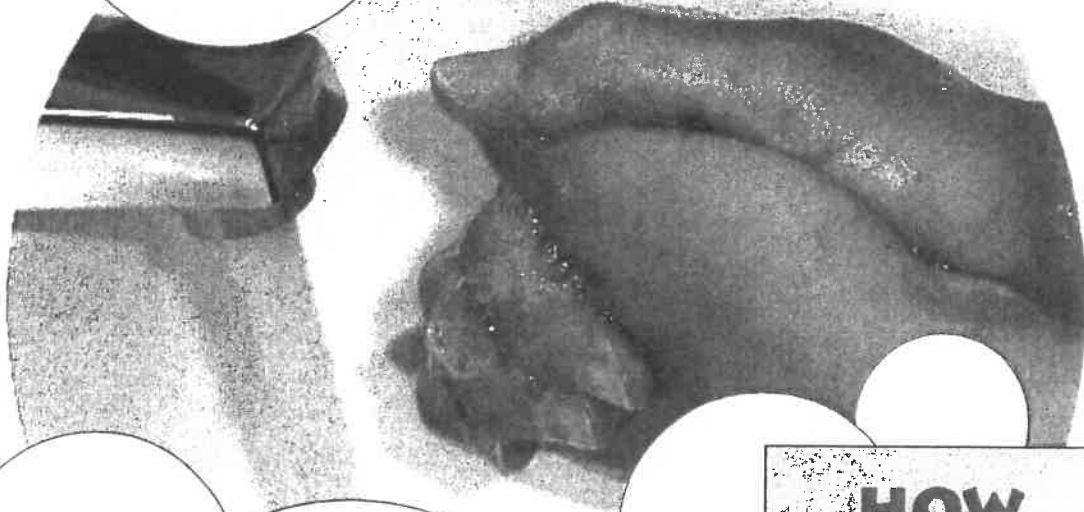


[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

316475-A 07/21/2020

WASH YOUR HANDS!

IT'S THE BEST WAY
TO STOP SPREADING GERMS



WHY

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

WHEN

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
 - USE WARM WATER AND SOAP
 - RUB HANDS ALL OVER FOR A COUNT OF TWENTY
 - DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB



New Hampshire Department of Health and Human Services

Division of Public Health Services

www.dhhs.nh.gov



COVID-19 Home Screening Tool

Please complete **daily screening** prior to leaving home. Cut and bring each day's responses to school. Your student will provide this slip to their teacher upon entrance to the classroom. * *Please note a daily screening App and electronic version of the screening tool will be released soon.*

Symptoms of COVID-19 include: > temperature of 100F or greater, chills > cough, sore throat > nasal congestion, runny nose > fatigue > muscle or body aches > headache > new loss of taste or smell > nausea, vomiting or diarrhea

<p>DATE: ___/___/___ Student Name _____ Temperature _____</p> <p>1. Have you had any new or unexplained symptoms (even mild) of COVID-19 noted above?</p> <p>2. Have you had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days?</p> <p>3. Have you traveled in the prior 14 days outside of New England (outside of NH, VT, ME, MA, CT, RI)?**</p> <p>** NH travel guidance may change and will be updated as necessary</p>	<p>Do any apply?</p> <p>YES <input type="checkbox"/></p> <p>NO <input type="checkbox"/></p>	<p>If YES to any response:</p> <p>*Keep your student home</p> <p>*Notify school of reason for absence</p> <p>*Follow up with your child's healthcare provider to request COVID testing</p>
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