

## SCHOOL ADMINISTRATIVE UNIT #2

\*Ashland School District\*

\*Inter-Lakes School District\*

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*Human Resources Director*

March 4, 2020

Dear Inter-Lakes Families:

As shared yesterday, I will update you as new information regarding COVID-19 becomes available. Today, we received new guidance which instructs travelers who visited countries with a Level 3 alert (which now includes: China, Italy, Iran, and South Korea) to *"stay home and monitor their health for 14 days after returning to the United States."* It also instructs travelers from countries with a Level 2 alert (Japan) to *"monitor their health and limit interactions with others for 14 days after returning to the United States."* This new guidance is being followed throughout our school communities.

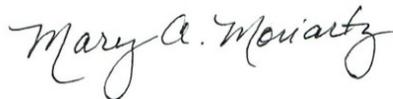
If your family has traveled recently to the areas outlined above, please adhere to the guidance provided. Additionally, if you have not done so already, please contact your child's School Nurse.

Also, please be aware that in response to information posted on social media regarding someone connected to our school community being directly connected to the COVID-19 virus, our nursing staff contacted the New Hampshire Department of Health and Human Services – Division of Public Health Services. The NHHS – Division of Public Health Services has reassured us that ***"there is no public health risk at this time nor has anyone within or connected to our school communities been identified as a concern."***

This situation is certainly evolving globally and locally. Working together I am confident that Inter-Lakes will weather this concerning period in a manner that maintains good health and strengthens the bonds of our community. As new information is made available, it will be shared with you. If you have questions, please reach out to your child's School Nurse, Principal and/or myself.

I wish your family well during this challenging time.

Respectfully,



Mary A. Moriarty  
Superintendent of Schools

*COVID-19 and many other common respiratory viruses spread through contact with an infected person's respiratory droplets, such as when a person coughs or sneezes. To prevent the spread of respiratory viruses, the Center for Disease Control recommends that individuals engage in everyday preventive measures to help stop the spread of germs and avoid illness, such as:*

- *Teach your children to wash their hands. Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.*
- *Teach your children to cover a cough or sneeze with a tissue, then immediately discard the tissue in the trash. It is also recommended to cough or sneeze into their elbow if a tissue is not available.*
- *Teach your children to avoid touching eyes, mouth and nose with unwashed hands.*
- *Avoid close contact with individuals who are sick.*
- ***Keep sick children at home. Children should stay at home for at least 24 hours after the last signs of a fever without the use of fever-reducing medicine. Those who have a constant cough should stay home until medicine relieves it. Any child that is sick at school should go home.***
- *Report your child's absence. If your child is out sick with illness, please let the nurse know.*
- *Teach your child not to share personal items like their food or water bottles.*
- *Clean and disinfect frequently touched objects and surfaces within your home.*

### **RECOMMENDED RESOURCES:**

Two resources for talking to children about COVID-19 have been shared by the New Hampshire Department of Health and Human Resources – Division of Public Health (these resources may be geared more towards younger children):

- [Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)

As well as the most up-to-date information about the COVID-19 can be found at:

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