

Dear Family:

We are notifying you because a case of COVID-19 has been identified in the (Identify Grade and Team) and your child may have been exposed on (Insert Date).

COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. The symptoms of the COVID-19 are:

- Fever/chills (measured 100.4F)
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Runny nose or nasal congestion
- Muscle or body aches
- Fatigue
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

The current recommendation from NH Department of Health and Human Services for people who may be exposed to COVID-19 in the school setting is to:

- **For 14 days from the last day of exposure:**
 - **Monitor for COVID-19 symptoms and**
 - **Wear a mask in indoor public settings and**
- **Consider testing 3-5 days following the last day of exposure**

If your child develops symptoms, please isolate them at home and seek testing for COVID-19. Symptomatic students or staff can be allowed to return to school when one of the following two conditions is met:

1. Person receives an FDA-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. A PCR-based molecular test
 - b. Antigen testing conducted within an appropriate number of days since 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).

Our school is working closely with the New Hampshire (NH) Department of Health and Human Services (DHHS) to follow the guidance they have provided for this situation and will provide updates should their recommendations change.

Because COVID-19 is most commonly spread through respiratory droplets, we should all take the following precautions to prevent the spread of the disease:

Get vaccinated, for those who are eligible.

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Avoid high risk locations, especially ones that are indoors and crowded, and where people are unable to maintain physical distance from others.

If there is substantial community transmission in your area, wear a cloth face covering that covers your mouth and nose to protect others when in public areas.

Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.

Avoid touching your eyes, nose, or mouth with unwashed hands.

Stay home and seek testing if you have a fever or are not feeling well.

To learn more about COVID-19, please check these trusted resources:

- New Hampshire Department of Health and Human Services: <https://www.covid19.nh.gov/welcome>

- United States Centers for Disease Control and Prevention:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Should you have any questions or concerns, please contact Ryan McCluskey, Principal, or Camille Mawhinney, School Nurse, at (603) 382-5251.

Sincerely,

Ryan McCluskey