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March 2, 2020

Dear SAU 50 Parents and Staff,

I want to welcome you back from February vacation and provide you an update regarding the recent outbreak of the Novel Coronavirus (COVID-19). Given the number of families and individuals who traveled during the recent school vacation week, this letter is intended to provide additional information that should be useful to you.

The Centers for Disease Control and Prevention (CDC) currently has travel advisories in place in the following countries:

- Level 3 Travel Warning (avoid all nonessential travel due to widespread community transmission) - Mainland China and South Korea (Italy and Iran were moved from Level 2 to Level 3 on February 28, 2020)
- Level 2 Travel Alert (practice enhanced precautions due to sustained community transmission) –Japan
- Level 1 Travel Watch (practice usual precautions but multiple instances of community spread have been reported) - Hong Kong

The CDC recommends the following steps for those who have been traveling in Level 2 and Level 1 areas (including those who have traveled in Italy in the last 14 days):

- Individuals should self-monitor for any symptoms, including feeling sick with fever or cough or having difficulty breathing
- If symptoms occur, the individual should self-quarantine (avoid contact with others) and immediately seek medical advice through a doctor's office or emergency room, making certain to tell them about their recent travel and symptoms

Furthermore, the CDC recommends the following general precautions we can all take to remain as healthy as possible, including:

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels, or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.

- Practice other good health habits- clean and disinfect frequently touched surfaces at home, work, or school, especially if someone is ill; get plenty of sleep; be physically active; manage your stress; drink plenty of fluids; and eat nutritious food. Our school facilities department is vigilantly sanitizing our educational spaces as is typical during cold and flu season.
- Keep children home from school when they are ill. If your student has any of the following symptoms, please keep them home from school: temperature greater than 100, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physician, red or pink itchy eye and/or drainage from eye, and any contagious illness such as chicken pox, strep throat or flu. For additional guidance on when to keep your student home, please contact your school nurse.

If you have questions about any of this information, please contact the New Hampshire Department of Health and Human Services (DHHS) - Division of Public Health Services at 271-4496. Additional materials can be found at the CDC website:

(<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) or the DHHS website:

(<https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>).

School districts are expecting to receive additional advisory information from DHHS early this week, and we will be participating in a DHHS webinar on Tuesday. We expect to provide parents, staff and students with updates as they become available.

We remain committed to ensuring student and staff safety and wellness in all schools within SAU 50.

Sincerely,

A handwritten signature in black ink, appearing to read 'S. Petralia', written in a cursive style.

Salvatore Petralia
Superintendent of Schools