

SCHOOL ADMINISTRATIVE UNIT #2

Ashland School District

Inter-Lakes School District

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Dear Inter-Lakes Families:

The health and wellness of our school community is always on our minds. As you are aware, this time of year has always presented the challenges of colds, viruses, and flus. This year added to the list of viruses is the Corona Virus or COVID-19.

I wanted to share information with you that you may find helpful and hopefully, reassuring:

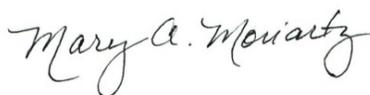
- As a school district, we are monitoring and following the guidance shared by the New Hampshire Department of Health and Human Services – Division of Public Health Services and the Center for Disease Control.
- Our nursing staff are closely monitoring the situation and the health of our school communities.
- Our facilities received a “deep cleaning” over the break last week. Additionally, daily cleaning efforts have and continue to ensure that surfaces are appropriately disinfected.
- All members of our school communities are being reminded to wash their hands, appropriately cover their coughs/sneezes and to stay home if they are sick.

A request I have of families, if you have traveled to any areas impacted by the virus or been in contact with someone who has, that you share this information with your child’s School Nurse. The School Nurse will then be able to assist you in monitoring your child’s health. At this stage there are no recommendations other than for travel from China to exclude individuals who are symptom free. I am also suggesting that families remind and encourage respectful treatment of individuals who may have traveled and/or who may become sick with any illness. Additionally, please consider limiting news exposure (particularly for younger children) as it can increase anxiety and fear.

The second page of this correspondence includes information shared from the New Hampshire Department of Health and Human Services – Division of Public Health Services. This situation is certainly evolving globally and locally. 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>