



October 1, 2020

Dear Nashua Staff:

As the Hybrid Learning/return-to-school dates are nearing, we are asking for your help to prevent COVID-19 from impacting our school community. COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. As a school community, we ask for your support by taking the following precautionary measures to prevent the spread of the disease:

- Please stay home and report any illness and symptoms to the school principal.
- Prior to arriving to school, please screen yourself and report to the principal:
 - Fever (a temperature of 100.4 degrees F or higher).
 - Any **new or unexplained** symptoms of COVID-19 (listed below); this includes even mild symptoms.
 - Close contact with someone who has confirmed to have COVID-19 in the prior 14 days.
 - Traveled outside of NH, VT, ME, MA, RI and CT within last 14 days.
- Know the symptoms of COVID-19:
 - Fever (measured 100.4 degrees F), or feeling feverish;
 - Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath;
 - General body symptoms such as muscle aches, chills, and severe fatigue;
 - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea, and
 - Changes in a person's sense of taste or smell.
- Any person with new or unexplained symptoms of COVID-19 will be excluded from school and instructed to isolate at home and contact their primary care provider for COVID-19 testing. Symptomatic staff will be allowed to return to school when one of the following two conditions is met:
 1. Person receives an 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. Quidel Sofia antigen testing is conducted within 5 days of symptom onset
 2. Person has met CDC criteria for ending of home isolation.
- If you have had close contact with someone **confirmed** to have COVID-19 in the prior 14 days or have a travel-related risk, you are required to complete self-quarantine at home for 14 days from the last known exposure.

Together with you, we will promote all staff and students to:

- Frequently wash their hands. Hand washing for 20 seconds with soap and water, or using hand sanitizer that contains at least 60% alcohol, is the best way to reduce the spread of germs.
- Cover coughs and sneezes with a tissue or their elbow and to wash their hands or use hand sanitizer once they discard of the tissue.
- Not to share personal items such as drinks, food or water bottles.
- Practice social distancing by maintaining at least 6 feet between people when outside their home.
- Properly wear a cloth face covering that covers their mouth and nose to protect others when in public areas.
- Avoid touching their eyes, nose, or mouth with unwashed hands.

Our students may worry about themselves, their family and friends getting sick with COVID-19. Tips for talking to children about COVID-19 can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-lifecoping/talking-with-children.html>.

Our school works closely with the New Hampshire (NH) Department of Health and Human Services (DHHS) and the City of Nashua Division of Public Health and Community Services (DPHCS) to monitor the newest information about COVID-19. For more information on COVID-19 in NH, please visit <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>. For the latest information from the CDC, please visit <https://www.cdc.gov/coronavirus/2019-ncov/ex.html>.

We are looking forward to the return of students and staff to our schools. As we begin to open our schools, not all staff will be returning immediately to the classroom. The District has sought the advice of medical and public health experts as well as input from staff and their representatives to ensure that you are returning to a safe working environment. Upon your return to school, you will receive a list of the precautions and procedures put in place to protect students and staff.

Thank you in advance for your cooperation and assistance in keeping our schools safe and open.

Sincerely,



Jahmal Mosley, Ed. D.
Superintendent of Schools

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