



SAU 93

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600 Old Homestead Highway, Swanzey NH 03446

www.mrsd.org

March 9th, 2020

Dear Monadnock Community;

I am writing today to update you on the current recommendations regarding COVID-19 (Coronavirus) and its impact on our schools and community. We continue to follow the guidance provided by the Center for Disease Control (CDC) and the NH Department of Health and Human Services (NH DHHS).

Students, staff and volunteers who have traveled internationally:

- Travelers from Level 3 Travel Advisory countries (China, Iran, South Korea and Italy as of today, March 9th) should **stay home from work or school** and monitor their health for 14 days after returning to the United States.
- Travelers from Level 2 Travel Advisory countries (Japan as of today, March 9th) are advised to monitor their health for 14 days after returning to the United States, and 'limit interactions at large gatherings.' The District is interpreting this to mean **stay home from work or school**.

We do ask that any families or employees that traveled to these countries notify the District and follow the self-quarantine guidelines issued by the CDC. While current guidance states that it is acceptable for any children who live with travelers to these countries to attend school, we ask that those children also follow the self-quarantine guidelines. Any absences related to COVID-19 will be considered excused.

Students, staff, and volunteers who have returned from other locations (including those with other travel notices for COVID-19) may continue to attend work and school. They are not being monitored by public health authorities so they should be counseled to remain alert for fever or respiratory symptoms (e.g., cough, shortness of breath).

We continue to encourage all of our students and staff to engage in the following preventative measures to help prevent the spread of respiratory viruses, including COVID-19. Practicing these measures at home and in the community will also help prevent the spread of respiratory viruses. These include:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items.

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- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Remain home for at least 24 hours after you no longer have a fever (without fever-reducing medication) or signs of a fever (i.e., chills, feeling warm, flushed appearance), and respiratory symptoms are improving.
- **Cover your cough or sneeze.**
- Clean and disinfect frequently touched objects and surfaces.

For the most up to date information on COVID-19:

U.S. CDC website: <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

NH DHHS website: <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

Please do not hesitate to reach out with any questions or concerns. This is a rapidly evolving situation and one that can be frightening - I welcome questions and want to hear your concerns so that we can ensure our communications are helping alleviate anxiety while providing necessary information.

Respectfully,



Lisa A. Witte
Superintendent of Schools