

Dear Students and Families,

We understand this is a very challenging time and are asking families to please help us monitor for the coronavirus by reporting to the school nursing office (603-356-4350) if your student is experiencing fever above 100, has a cough or shortness of breath, or has been in contact with a confirmed case of coronavirus or traveled to an area of high risk. If this is the case, please contact your child's healthcare provider for further guidance. In addition, if you believe you or your child have been exposed, information on self-observation can be found at NH Bureau of Infectious Disease.

<https://www.nh.gov/covid19/residents/documents/self-observation-covid.pdf>

Symptoms of the Coronavirus can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Resources to manage anxiety and stress and how to talk with children about the situation can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

How to prepare your family:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

Simple measures are still our best prevention.

- Wash hands often with soap and water for 20 seconds
- Avoid touching eyes, nose, and mouth
- Stay home if you are sick unless to receive medical care.
- Cover your cough and sneeze with a tissue and dispose of it in trash.
- Clean and disinfect commonly touched surfaces with EPA-registered household cleaner.
- Avoid close contact with people who are sick

For the most current information regarding Coronavirus please refer to these trusted sites.

<https://www.nh.gov/covid19/>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<http://www.211nh.org/>

The following videos are also a great resource:

[Get the Facts--CDC](#)

[Proper Handwashing](#)

Please feel free to email or call us if you have any questions or concerns, we are here to help.

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KENNETT HIGH SCHOOL NURSING OFFICE

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