

School Administrative Unit # 7
21 Academy Street
Colebrook, NH 03576
693-237-5571



Debra J. Taylor, Ph.D.
Superintendent

Dear Parents and Guardians,

November 1, 2020

All schools in SAU #7 are providing remote learning for our students during the next two weeks. It is our hope that we will be able to help slow the spread of the virus and resume school. The decision to return to school will be informed by our school and community's health status. Updates about how your child can access remote learning during this time period will be provided by your principal or your child's teacher.

We are actively working with and following guidelines from the New Hampshire Department of Health and Human Services (DHHS). NH DHHS has requested we provide contact information for anyone who has been identified as having had close contact (within 6 feet for longer than 10 minutes) with the infected person. Those individuals or their parents/guardians will be instructed to self-quarantine. They will be directed to get tested and keep themselves or their children quarantined until 14 days following their last possible exposure. A guide for self-quarantine can be found on the state website here: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/self-quarantine-covid.pdf>

If you or your child are experiencing symptoms of COVID-19, such as a fever, chills, respiratory illness, aches or change in taste and smell, please stay home and away from others and get a COVID-19 PCR test. You may choose to seek out testing from your healthcare provider or at one of the testing sites located throughout the state. Recently a testing site has been set up in Beecher Falls, VT. Here is the contact information for this site: https://vermont.force.com/events/s/selfregistration?fbclid=IwAR1vmm88kUrtGHrpBo33CTVx_cz8vilsNcFNQpFNY2eA6CQr-3tZfkx-O8 There are other options available in southern New Hampshire here: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-testing-options.pdf>.

If you choose either of these options, you should bring this letter with you to the testing site.

Please note that if you or your child are currently quarantined, you must complete quarantine, even if your test is negative. This is because the maximum amount of time from being exposed to the virus that causes COVID-19 and testing positive is 14 days. Therefore, even if your child tests negative today, they would need to quarantine until they reach the 14th day following exposure. In the event that your child has to quarantine, they will be able to access their education remotely.

The safety of our children and employees is our top priority. We will continue to follow the Centers for Disease Control and Prevention (CDC) guidelines for physical distancing, mask

wearing, cleaning and disinfecting our high-traffic areas and frequently touched surfaces as outlined in the SAU #7 Back to School Plan.

In addition, because COVID-19 is most commonly spread through respiratory droplets, to prevent further spread of the disease in our community, we are following, and ask you to follow, these recommended practices:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid close contact with others. When outside your home, keep a distance of at least 6 feet between yourself and others. This is known as physical distancing.
- Wear a cloth face covering that covers your mouth and nose to protect others when in public areas.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay home if you have a fever or are not feeling well.

Children may worry about their family, friends, and/or themselves getting sick with COVID-19. The CDC's tips for talking to children about COVID-19 can be found here.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

To learn more about COVID-19, please check these trusted resources:

- New Hampshire Department of Health and Human Services:

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

- United States Centers for Disease Control and Prevention:

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

Thank you for your patience and understanding during these challenging times. Please take care of yourselves and your families.

If you have any questions, please call the SAU7 office at (603) 237-5571.

Sincerely,

Debra Taylor

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Superintendent of Schools