

March 2, 2020

Dear Sanborn Families,

I am writing to you today with an update to the letter sent to families on January 31, 2020 regarding the novel coronavirus, now known as COVID-19. While the Centers for Disease Control (CDC) considers this is a very serious public health threat, based on current information, the immediate health risk from COVID-19 to the general American public is considered low **at this time**. We are following best-practice recommendations to protect the health and safety of our school community.

Our custodial team is trained to use disinfectants in a safe and effective manner and to clean up potentially infectious materials and body fluid spills. They will continue to clean hard surfaces (desks, tables, countertops, sinks), as well as to clean and disinfect frequently touched surfaces (door handles, faucets, railings), bathrooms and health rooms.

Each classroom, cafeteria, and learning area throughout the district is supplied with alcohol-based hand sanitizer for students and staff to use. Students are being told to regularly sanitize their hands, including at the start and end of classes and after playing outside, in addition to regular hand washing.

The NH Department of Health and Human Services and the CDC have identified a number of steps to take reduce the risk of getting sick from viral respiratory infections, such as COVID-19 as well as the more common flu which is also circulating at this time. These steps, also listed in my previous letter, will also help prevent transmitting infections to others:

- Wash your hands often with soap and water for at least 20 seconds
- Do not touch your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Sharing of food and drink is discouraged
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces
- Stay home from work or school if you have a fever or are not feeling well

We are working on a collaborative and developmentally appropriate plan with our teaching staff should an outbreak occur that requires us to close schools for an extended period of time. Additionally, the Sanborn Regional School District Response includes:

- Continuing to disseminate information to families and staff as available with recommendations from CDC and New Hampshire Department of Health and Human Services
- Instructing and informing employees, families, and students regarding CDC recommendations
- Working with Maintenance and Food Service Departments to maintain sanitation practices
- Working with School Nurse staff on additional guidelines and directives as needed
- Following other recommendations as outlined by Public Health Agencies

If you have recently traveled abroad or had contact with someone who has traveled abroad, specifically to countries under a Level 3 Health Advisory (currently China, Iran, South Korea, and Italy), please pay especially close attention to

family members with any symptoms that appear flu-like. The recommendation is for you to seek treatment at an Emergency Room (ER), if you are experiencing symptoms of the coronavirus. The healthcare staff at the ER will be equipped to manage your care and further treatment.

There are many resources available to help schools and families to understand the current situation regarding the virus. We recommend the following resources for information:

- For more information about COVID-19:
  - Visit the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
  - Read updates from the NH DHHS at <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>
- To help your child understand COVID-19:
  - Healthline has published “How to Talk to Your Kids About the Coronavirus” (<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>)
  - Psychology Today has published “How to Talk to Your Anxious Child About the Coronavirus” (<https://www.psychologytoday.com/us/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus>)

Sanborn continues to monitor the information and recommendations regarding the coronavirus from the CDC and New Hampshire of Department of Health and Human Services. If there are any changes regarding recommendations, the school district will issue an update.

Thank you for your patience, cooperation and support as we work together for the health and safety of our community.

Sincerely,

Thomas J. Ambrose  
Superintendent