

**SAU 70**

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October 22, 2021

Dear Families and Staff,

We were informed today of a confirmed case of COVID-19 at the Ray School. We are monitoring the situation closely. We urge everyone to monitor closely for symptoms following cases, and to inform our nurses if you are experiencing any symptoms.

As a reminder, current protocols dictate that we are not quarantining classrooms or participating in contact tracing. We continue to reinforce mask wearing, physical distancing, and hand hygiene. We encourage everyone to monitor for symptoms. Additionally, we have a very low threshold for student and staff illness, and we continue to require that people with signs of illness stay home and contact their primary care physician for possible testing.

We are following guidelines from the CDC and the state and have contacted the New Hampshire Department of Health and Human Services (DHHS) regarding this case.

Please remember if you or your child are experiencing symptoms of COVID-19, such as fever of 100.4 or higher, cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, congestion or runny nose, or new loss of taste and smell, nausea, vomiting or diarrhea, please stay home and away from others and get a COVID-19 PCR test. You may also choose to seek out testing from your healthcare provider or at one of the [testing sites](#) located throughout the state.

If you test positive for COVID, you must self-isolate for at least 10 days past the start of symptoms or 10 days after you receive a positive test.

The safety of our children, employees and visitors is our top priority. To ensure your health and safety, we have been following [CDC guidelines for cleaning and disinfecting](#) for our high-traffic areas and frequently touched surfaces. In addition, to prevent further spread of the disease in our community, please adhere to the recommendations below.

Because COVID-19 is most commonly spread through respiratory droplets, we should all take the following precautions to prevent the spread of the disease:

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 3 feet between yourself and others. This is known as social 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 themselves, their family and friends getting sick with COVID-19. Tips for talking to children about COVID-19 can be found [here](#).

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>

Sincerely,

Jay Badams  
Superintendent