

March 20, 2020

Dear SAU 70 School Community,

As the challenges of COVID-19 make themselves known and are affecting change in our school and family routines, the Registered Nurses from Hanover High School's Health Office feel it's important to collectively reach out to all parents and students in an effort to support health continuity and community solidarity. It is our goal to offer health related information that provides accuracy and clarity during these times of never ending news cycles, which often contain conflicting information. We will try to be helpful, and at least remotely available to you, even if you are not in school.

First, we continue to **stress prevention methods**: social distancing, cleaning of surfaces, and handwashing at home. Second, here is information on **how to prepare for illness** at home, symptoms to watch for, what to do if you are sick, and how to manage stress and anxiety.

The classic symptoms of COVID-19 include fever, cough, and shortness of breath. If you suspect you or a family member has COVID-19, call your physician, or use the New Hampshire DHHS hotline (2-1-1). **Do not go to the emergency room unless you are advised by your physician.** If a family member becomes ill, self-isolate and follow the instructions on the link provided below.

Below are useful links and resources for you for COVID-19 information.

[How to prepare for possible illness](#)

[Symptoms to watch for](#)

[NH DHHS Hotline with COVID_19 questions](#)

[What to do if you are sick with COVID-19](#)

[Managing stress and anxiety around Covid-19](#)

[Talking with Children about COVID 19](#)

[More information from NH DHHS](#)

We look forward to connecting with members of our school community in the coming weeks. Please do not hesitate to reach out to the Health Office staff with any questions or requests for support, especially as physical/mental health and financial situations change in your families.

Be well!

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Hanover High School Health Office