Raymond School District

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March 3, 2020

Dear Raymond School District Community,

We are reaching out to provide information about the respiratory disease COVID-19 or the "Coronavirus."

According to the Centers for Disease Control and Prevention (CDC), there are 43 cases of the virus that have been confirmed or are presumed positive in the United States, as well as 48 cases among persons repatriated to the United States from the Diamond Princess Cruise Ship and from Wuhan, China. At this time, exposure risk remains low for individuals who have remained in the U.S. and who have not traveled abroad to countries where the virus has spread.

There is currently one case of the virus in New Hampshire, in Grafton County, which was announced yesterday by New Hampshire State Epidemiologist Dr. Benjamin Chan.

Raymond School District is monitoring the COVID-19 situation nationwide and is in communication with the Raymond Building and Health Division and the New Hampshire Department of Health and Human Services. The District has also been conducting regular disinfecting and cleaning efforts at Raymond High, Raymond Middle and Lamprey River Elementary. These efforts include cleaning and disinfecting all frequently touched items and areas including doorknobs, keyboards, restrooms and water fountains; disinfecting preschool toys and play areas; posting signs in restrooms to educate students on effective handwashing and catching coughs and sneezes; and equipping all classrooms and cafeterias with hand sanitizer and disinfectant wipes to be used throughout the day.

Parents and guardians are reminded that, in an effort to prevent the spread of infectious diseases such as the flu, respiratory viruses and gastrointestinal illnesses, students need to be free from fever, vomiting or diarrhea for 24 hours without the use of medication before returning to school if they have been sick, and are advised to stay home and not go to school if they are presenting any of those symptoms.

We also wish to provide students and their families with the following recommended actions from the NH DHHS to prevent infectious diseases from spreading:

- For a minimum of 20 seconds, wash your hands frequently with soap and water
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with those who are sick
- Use a tissue to cover your nose and mouth when coughing or sneezing, then throw the tissue away and wash your hands.
- Clean and disinfect objects and surfaces
- When you have a fever or are ill, stay home from work or school



Raymond School District officials also encourage people to avoid sharing food and drink with others, and to clean and disinfect frequently touched objects and surfaces at home.

The CDC (www.cdc.gov) recognizes that prevention efforts offer the strongest protection from all illnesses including the Coronavirus.

The District will keep you informed of updates or changes as we are advised by our local and state departments of public health. We hope that this information allows you to make informed choices regarding you and your family's health and wellness.

Sincerely,

Tina McCoy, Ed.D.,

Superintendent of Schools, Raymond School District