



1/30/2022

Bethlehem Elementary School Community:

We are notifying you because a case of COVID-19 has been identified in our school on **1/30/2022**. If your child was in contact with this individual, you will be contacted again through the system via phone, text, and email. As always, please monitor for symptoms. (See the Self-Observation Guide from the NH Division of Public Health Services). If anyone in your household develops symptoms, please stay home, notify the school and get tested. COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. The symptoms of the COVID-19 are:

- Fever/chills (measured 100.4F)
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Runny nose or nasal congestion
- Muscle or body aches
- Fatigue
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

The current recommendation from NH Department of Health and Human Services for people who develop symptoms:

- No matter what the vaccination status.
 - **Isolate** them at home
 - Seek testing for COVID-19
 - Notify our COVID Coordinators, Sue Greenlaw at sgreenlaw@bethlehem.k12.nh.us: (603)869-5842 OR Tammy Reardon at treardon@bethlehem.k12.nh.us: (603)869-5842
- Symptomatic students or staff can be allowed to return to school when one of the following two conditions is met:
 - Person receives an FDA-approved COVID-19 test that is negative, **AND** the person's symptoms are improving and they are fever-free for at least 24 hours off any fever-reducing medications.
 - Approved tests include:
 - A PCR-based molecular test
 - Antigen testing conducted within an appropriate number of days since symptom onset
 - Person has met CDC criteria for ending **home isolation** (if a person is not tested, they should follow guidelines which assume they have COVID-19).

Our school is working closely with the New Hampshire (NH) Department of Health and Human Services (DHHS) to follow the guidance they have provided for this situation and will provide updates should their recommendations change.

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

- Get vaccinated, for those who are eligible.
- 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 high risk locations, especially ones that are indoors and crowded, and where people are unable to maintain physical distance from others.
- If there is substantial community transmission in your area, 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 and seek testing if you have a fever or are not feeling well.

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

New Hampshire Department of Health and Human Services: <https://www.covid19.nh.gov/welcome>

United States Centers for Disease Control and Prevention:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Should you have any questions or concerns, please contact Sue Greenlaw or Tammy Reardon.
603-869-5842, sgreenlaw@bethlehem.k12.nh.us treardon@bethlehem.k12.nh.us

Best regards,

Sue Greenlaw
Principal