

To the Residents of Windham,

Over the last several days, our community has seen a concerning increase in the number of positive COVID-19 cases, with most of these cases identified as high school aged students. This has prompted school officials to take immediate and necessary steps to minimize the spread of the virus. The school district team includes nursing staff, board members, and administrators, in collaboration with DHHS, as well as a dedicated public health consultant. This consultant is an expert in infectious diseases and epidemiology, and a faculty member at Harvard Medical School and Children's Hospital. Since being notified by the NH Department of Health and Human Services, school officials and town officials have collectively worked together on a daily basis to obtain as much information as possible in order to keep the public informed and the Windham community safe.

While we continue to follow all CDC and DHHS guidelines, expanding them when warranted, and continue to monitor this situation, it is vitally important to reiterate that we all have a role to play in preventing the spread of COVID-19.

The incubation period of COVID-19 can be as much as 14-days. Therefore, for those who have received a positive test result or have been in recent close contact with someone who is positive, we recommend following these guidelines:

- Persons with a positive Covid-19 result should quarantine for at least 10 days from the onset of symptoms and can end quarantine at that time if symptoms have improved and at least 24 hours have passed since resolution of fever without the use of fever-reducing medications.
- Positive test results occurring earlier in the quarantine period may help public safety officials contact trace with more accuracy and efficiency, helping to limit additional spread of the virus.
- Persons with close contact with an individual who is positive for Covid-19 should quarantine for a full 14 days. A negative test result within the 14-day incubation period still requires continued quarantine. Positive results after an exposure can occur at any time during that 14-day period. If you have been exposed to a positive individual, a full 14-day quarantine is the safest option to ensure the virus does not spread to others.
- Household members of any individual adhering to the 14-day quarantine should also quarantine themselves.

As a community, we all can help by following these recommendations:

- Maintain Social Distancing – Maintaining a distance of at least 6 feet from others when in public places such as grocery stores, restaurants and workplaces, or when walking and exercising outdoors, and maintaining a distance of at least 3 feet from others (while wearing face coverings) when in school buildings reduces the spread of the virus.
- Wear a Mask -- Wearing a cloth mask while indoors in public places, including schools and town buildings, or when unable to socially distance outdoors reduces the spread of COVID.
- Wash Hands -- Washing hands often also reduces the spread of viruses and other infectious diseases. Washing hands for at least 20 seconds with soap and warm water or using hand sanitizer with at least 60 percent alcohol can be very effective.
- Limit Gatherings -- Large activities and crowded places should be avoided. Proper social distancing of 6' or more and wearing facial coverings when social distancing is not possible, are highly recommended.

- Ask Health Screening Questions -- To help eliminate the spread of COVID-19, everyone should ask themselves the following questions and be able to answer "NO":
 1. *Do I have one or more symptoms causing me to feel unwell? Symptoms may include, but are not limited to: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea.*
 2. *Do I have a household family member who has symptoms as outlined in #1 causing them to feel unwell?*
 3. *Have I answered no to #1 and #2 but I (or a household family member) have had symptoms within the last 72 hours?*
 4. *Have I traveled outside of NH, ME, and VT, and while doing so used public conveyances (e.g., bus, train, plane) within the last 14 days or have I returned from international travel during that period?*
 5. *Have I had contact with an individual who has tested positive for COVID-19 within the last 14 calendar days?*
 6. *Have I had contact with an individual who is experiencing virus symptoms such as those indicated in question #1 and has not been tested within the last 14 calendar days?*
 7. *Have I been involved in other activities that put me at greater risk of coming in contact with someone with COVID-19?*
 8. *Have I taken my temperature today and is it greater than or equal to 100.4?*

If your answer to any of these questions is "yes", you should contact your doctor for advice and instruction on potential self-isolation.

In closing, we want to thank the community for your patience, your understanding, and your support in these trying times. Should you have any further questions please refer to the following websites:

NH DPHS Website: <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WSD Covid-19 Resource Center: [https://www.sau95.org/what s new/c o v i d-19_resource_center](https://www.sau95.org/what_s_new/c o v i d-19_resource_center)

On behalf of:

Windham School Board

Windham Board of Selectmen

Windham Emergency Management