



School Administrative Unit No. 80

"Engaging all learners to succeed in their ever changing world"

Serving the Communities of Belmont and Canterbury

Shaker Regional School District

58 School Street

Belmont, NH 03220

October 14, 2020

Dear Shaker Regional Families and Staff,

We were informed this afternoon of a positive case of COVID-19 at Belmont Elementary School (BES). The one case is an adult. According to our COVID-19 response protocols, New Hampshire Department of Health and Human Services (NH DHHS) and New Hampshire Department of Education (NH DOE) were immediately notified. We are actively working with and following guidelines from NH DHHS.

NH DHHS will request that we provide contact information for anyone who has been identified as having had close contact (within 6 feet for longer than 10 minutes) with the infected person. The school nurse will contact these individuals or their parent/guardian first. NH DHHS will then make contact and will instruct them how to self-quarantine at home. Those families and staff will be directed to get tested and keep themselves or their children quarantined until 14 days following their last possible exposure. A guide for self-quarantine can be found [here](#).

If you or your child are experiencing symptoms of COVID-19, such as a fever, chills, respiratory illness, aches or change in taste and smell, 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 choose either of those options, you should bring this letter with you.

Please note that if you or your child are currently quarantined, you must complete quarantine, even if your test is negative. This is because the maximum amount of time from being exposed to the virus that causes COVID-19 and testing positive is 14 days. Therefore, even if your child tests negative today, they would need to quarantine until they reach the 14th day following exposure.

The safety of our children, employees, and visitors is our top priority. To prevent further spread of the disease in our community, please:

- 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 6 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.

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- 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](#).

Please do not hesitate to reach out to your school nurse or administration if you have any questions about our District's COVID-19 protocols. The District will work with NH DHHS in determining to what extent BES services and schedules may need to be modified. I will send out another communication regarding our next steps for BES in the near future.

Sincerely,

Michael

Michael J. Tursi
Superintendent of Schools
Shaker Regional School District