



## New Hampshire School Nurses' Association

**Leading ~ Advocating ~ Educating**

As we enter the pandemic phase of COVID-19, and our schools are closed, there are a few things you can do to support your school community. While teachers are busy preparing for Distance Learning, school nurses can also find ways to do our job from a virtual perspective.

First, as your staff come in and out of the buildings, you can post a sign asking any teacher or staff person not to enter if:

- They have any symptoms of a cold, virus, fever, or cough.
- If they have traveled to high risk areas internationally or domestically
- If they have been exposed to a person who has tested positive to COVID-19 within the past 2 weeks

Second, consider regular weekly communication with your families that would include regularly updated information from the Department of Health and Human Services, and the CDC.

We must continue to stress prevention methods: social distancing, cleaning of surfaces, and handwashing at home, but it is also time to give families 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, shortness of breath. If parents suspect that they or a family member has COVID-19, ask them to call their physician, or to use the New Hampshire DHHS hotline (2-1-1). Ask them to NOT go to emergency rooms unless advised by their physician. If a family member becomes ill, self-isolate and follow the instructions on the link provided below.

Families look to their school nurse for information, so it can be helpful for you to be available to them, even if you are not in school. We can't be their physicians, but we can remind them when to call their physician, not to flood emergency rooms, and we can direct them to the NH DHHS hotline number (2-1-1) with questions you can't answer.

Below are useful links for you to share with your families, as resources for COVID-19 information. Stay healthy and make the most of being together with your own families, enjoying the outdoors, and spending quiet at home.

Sincerely,

Kathy Barth BSN, RN, NCSN  
President, New Hampshire School Nurses Association

### [What other nurses are doing in the School Nurse Forum](#)

[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](#)