



DOVER SCHOOL DISTRICT

SAU 11

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Empowering all Learners

March 10, 2020

Dear Dover School Community,

The Dover School District has created a webpage dedicated to COVID-19 to provide you with information regarding the disease as it applies to the Dover School District.

To be brought directly to the website page, please click [here](#).

In addition, a slide presentation has been prepared with information on COVID-19. The slides answer the following questions:

1. What is the difference between the seasonal coronaviruses and COVID-19?
2. What are good health practices?
3. What is the Dover School District doing?
4. What additional resources are available?

Another area of concern for the district is the stigma that may accompany fear about COVID-19. Please consider the following questions:

Why might someone blame or avoid individuals and groups (create stigma) because of COVID-19?

People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were in quarantine.

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma regarding COVID-19 is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.

How can people stop the stigma related to COVID-19?

People can fight stigma and help, not hurt, others by providing social support. Counteract stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 spreads can help stop the stigma.

The Dover School District encourages all of our community members to continue to follow the below safety and hygiene practices:

- Try to avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like the flu.
- If your child gets sick with flu-like illness, **he or she should stay home for at least 24 hours after the fever is gone** except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.

Dover School District will continue to update the webpage and provide additional information as it becomes available. It is important that we continue to learn the facts surrounding COVID-19 and continue to practice good health and hygiene procedures as we continue to move forward.

Respectfully,



William R. Harbron, Ed.D.
Superintendent of Schools