



REGIONAL SCHOOL UNIT 19

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Mr. Michael Hammer, Superintendent of Schools
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November 25, 2020

Dear Staff, Students, and Families,

Over the last 14 day period, we have had four individuals associated with Nokomis Regional High test positive for Coronavirus Disease 2019 (COVID-19). This letter is to inform you that the Maine CDC is classifying these recent positive cases of COVID-19 as an outbreak. An outbreak means that there are three or more cases of COVID-19 within a 14-day period that are epidemiologically linked. At this time there are no new cases and anyone who was a close contact has already been notified. Fortunately, the proactive steps individuals have taken to communicate with us early and stay home when sick have minimized the number of close contacts we've had.

Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start. It is important that you call a healthcare facility before you show up in person.

COVID-19 is a respiratory illness that ranges from mild to severe. It can be more severe in adults 60 years and older and in those with underlying conditions. The virus mainly spreads when an infected person coughs or sneezes and an uninfected person breathes in the virus. Signs and symptoms include:

- 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 or vomiting
- diarrhea

Please keep in mind that many things can cause respiratory illness, so students and staff should be up-to-date on influenza and routine vaccinations.

Maine CDC or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 14 days from last exposure to the positive individual. A negative test result does not get an individual out of quarantine.

Maine CDC recommends prevention measures to prevent the spread of COVID-19. These measures include proper handwashing with soap and warm water, which is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When soap and water is not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands and avoid close contact with people who are sick. Cover your cough or sneeze into a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Questions for the school can be directed to Mary Nadeau, mnadeau@rsu19.net or 207-368-4354. For general COVID-19 questions, dial 211 (or 1-866-811-5695). You can also text your ZIP code to 898-211 or email info@211maine.org. Call a health care provider for questions about your symptoms. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,
Mike Hammer, Superintendent