

Fayette Central School Administrative Office to Family Communication

Month	December		Year	2020
<u>Monday</u> - Guidance	<u>Tuesday</u> - P.E.	<u>Wednesday</u> - Library	<u>Thursday</u> - Art	<u>Friday</u> - Music
7 In-Person School Day	8 In-Person School Day	9 In-Person School Day	10 In-Person School Day School Committee Meeting 6:30 pm Zoom	11 In-Person School Day

Nurse's Office:

Area schools are dealing with an increase in student and staff positive cases. What is interesting is that students and staff are getting exposure outside of school, not in school. Below is a reminder of what we all can do to keep FCS COVID free as well as safe and healthy. Thank you to everyone who understands the importance of following the MDOE and CDC guidelines.

What can you do to help?

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

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, new loss of taste or smell, cough, sore throat, shortness of breath or difficulty breathing, muscle or body aches, fatigue, congestion or runny nose, headache, nausea or vomiting, and/or 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 Tara Morin or Marcie Spaulding by calling 207-685-4770. For general COVID-9 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.

Health and Happiness,

Tara Morin, Superintendent/Principal
Marice Spaulding, School Nurse

Upcoming:

12/14/20-12/18/20 Christmas Concert for Webb, Rodrigue, Corey (K/1 will have a concert in the spring)

12/23-1/1/21 Christmas Vacation