

Mustang Nurse News

Prepared by Your RSU 57 District Registered Nurses

Dear RSU 57 Community,

Your district nurses hope that you had a wonderful Thanksgiving and send well wishes during this upcoming holiday season. We thank you in advance for your continued support and understanding of the need for strict adherence to current COVID-19 guidelines.

As many of you are aware, the number of COVID-19 cases continue to rise in the state of Maine. Although we remain relatively low in numbers compared to other states across the country, we need to continue to do our part in helping to slow the spread within our own communities. We have entered the holiday season and that does raise concern for additional cases as families tend to gather this time of year. Please complete the [Pre-Screening Tool](#) every morning before school, wear a mask, and practice social distancing. Not completing the pre-screening tool could result in an untimely dismissal for your child. We understand this can be a burden for most to arrange for an unplanned dismissal, however, the School Nurses have very specific guidelines to follow given the current pandemic situation. One way to prevent an unplanned dismissal is to complete the pre-screening tool and have a plan for absences.

IMPORTANT: Close Contact Notification from your school:

Our district has had a number of cases of COVID-19 that have resulted in student/staff quarantine. The Maine CDC is very busy given the number of cases and close contacts they need to reach out to. If you receive notification from your child's school stating they have been identified as a close contact, please initiate quarantine immediately. In reality, our notification could be the only communication you receive, at least in a timely manner. Please be sure to follow the guidance of your school upon such notification.

Please note, the Maine CDC has issued new guidance as of 12/4/20 regarding the length of quarantine needed once an individual is identified as a close contact. RSU 57, as an organization, has made the decision to maintain the 14 day quarantine requirement for all RS 57 students and staff.

Because the Maine CDC has a delay in reporting positive results to the school, we ask that you please notify your School Nurse of any positive case within your home. Your child's school nurse can help to discuss what next steps to take and explain the isolation process.

When does my child need to stay home sick?

If your child has one less common symptom, your child can return to school 24 hours after the symptom is improved. If your child's one less common symptom does not improve after 24 hours, you will need to contact your child's primary care provider prior to their return to school.

If your child has two or more of the less common symptoms, or one or more of the most common symptoms of COVID-19, your child will need to stay home from school and you will need to call their medical provider. If they are not seen by a medical provider, they will need to remain at home for 10 days from the onset of symptoms before they will be allowed to return to school. Please contact your School Nurse if this is the choice you make so attendance will reflect this absence and remote learning materials can be arranged if appropriate.

What does my child need in order to return to school following an illness?

- Provide a copy of the negative COVID-19 test to the School Nurse or
- Provide a doctor’s note indicating an alternate diagnosis and the date they can return to school, or
- Notify the school of your intention to keep your child home from school for 10 days from symptom onset.

Travel Requirements

If your family plans to travel to a non-exempt state at all this school year, please be sure to complete the planned absence request form and notify your school nurse. It is also important to note that only a negative PCR or antigen test is accepted by the State of Maine to be exempt from quarantine. Both of these tests are nasal swabs. The antibody test which is taken through a blood sample is NOT accepted. The individual will need to remain in quarantine until the test results are received. A copy of the negative result needs to be submitted to the School Nurse prior to or upon their return to school.

- [Traveling around the Holidays? - Keep Maine Healthy FAQ's](#)

News Updates & Headlines

- [COVID-19 Pre-screening Tool for School Attendance](#)
- [What is Quarantine?](#)
- [What is Isolation?](#)
- [Please Wear a Mask - How to properly wear a mask](#)

RSU 57 Resources Available

- [RSU 57 Website](#)
- [RSU 57 Community Resources](#)

Out-of-District Resources

- [COVID-19 Community Care Support Service](#)

Let’s Go! 5-2-1-0

- [Nutrition Nuggets: Food and Fitness for a Healthy Child](#)
- [Teen Food and Fitness: Healthy Tips for Middle and High School Students](#)

What Can you do?

- Get flu shots for the family.
- Practice proper handwashing to prevent the spread of ANY illness.
- Wear a Mask
- Social Distance
- Planning to travel around the holidays? Book your return to Maine COVID-19 testing NOW if traveling out of the exempt States.

Contact us!

Do you have more questions? Contact your school nurse!

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