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RSU 57 prepares respectful, responsible and creative thinkers for success in the global community.

December 14, 2020

Dear MMS and MHS Parents,

This notice is to inform you that an individual at Massabesic High School has tested positive for COVID19. **Your child has been identified as a close contact.** Close contacts include students at Massabesic High School and as well as students who are picked up/dropped off at the All View Terrace Beach Parking Lot bus stop (overflow bus 1373). Your child will need to [initiate their quarantine](#) today, per Maine CDC guidelines.

Importantly, however, as a result of staffing shortages resulting from quarantine necessities, **ALL 9th and 10th Grade Massabesic High School students will access remote learning effective Monday, December 14th through December 22nd.**

While a negative test result will not get your student out of quarantine, testing is recommended five to seven days after possible exposure. Five to seven days is the average length of time it takes to have a viral load that would show up on a test result. If your student tests positive, it may increase the length of time that you/your child would need to stay home. Currently, your student's quarantine will end on **December 21st** so long as they are still asymptomatic and have not tested positive.

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 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 are 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 MHS Principal, Jim Hand (jameshand@rsu57.org), or MHS Nurse, Nancy Sobanik (nancysobanik@rsu57.org), by calling 247-3141. 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,

Larry Malone, Superintendent
James Hand, Principal