

Dear Staff, Students, and Families of RSU 2:

Over the past week or so, there have been a number of individuals associated with our schools who recently tested positive for Coronavirus Disease 2019 (COVID-19). In each of those cases, no contact tracing was required because the individuals were not at school during their contagious period. Because those individuals followed quarantine practices and stayed home when symptoms presented, they helped keep our schools open so that healthy students and staff could continue with person learning.

We are asking you to please diligently [monitor yourself/your student for signs and symptoms](#). Today, Maine experienced a record high for both new cases and deaths in one day.

Call a health care provider if symptoms start. It is important that you call a healthcare 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
- \*cough
- \*shortness of breath or difficult 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.

School representatives will contact you directly if you are identified as a close contact of someone who tested positive who is associate with our schools. Close contacts must quarantine for 10 days from last exposure to the positive individual and monitor symptoms 4 days following your quarantine release. 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.

As the holiday break approaches, please seriously consider avoiding in person gatherings and instead celebrate with many virtual connections to those you love. Online shopping, curb side pickup, takeout and dropping surprises off on someone's doorstep are easy, safe and fun ways to spread holiday cheer while supporting local businesses and the economy. If a visit to certain loved ones in person must occur, please consider scheduling the visit for December 23<sup>rd</sup> or 24<sup>th</sup>, so that the 10 day quarantine period following the gathering ends on January 3<sup>rd</sup> should you learn that someone you were with had COVID 19. Our schools are scheduled to open after break on Monday, January 4<sup>th</sup>. Each of these steps can help us keep school open for in person learning.

Questions regarding criteria related to [return to school](#) should quarantine or symptoms apply to you or your child, please call the school nurse on days that school is in session. For general COVID-19 questions, dial 211 (or 1-866-811-5695). Call a health care provider for questions about your symptoms.

Thank you for doing everything you can to help prevent the spread of the virus so that we can keep schools open as many days as possible.

Sincerely, Tonya Arnold, Superintendent and the COVID Response Team