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John Roux Emily Sheffield Kendra Williams

January 7, 2021

Dear Faculty, Staff, Students and Families,

This letter is to inform you that an individual associated with Carl J Lamb School (CJL) recently tested positive for COVID-19. This individual at CJL was in school this past Monday (January 4th) and Tuesday (January 5th). School representatives have notified all known contacts of the individual at CJL. All close contacts are required to quarantine for 10 days from their last exposure to the positive individual. A negative test result does not get an individual out of quarantine.

The positive case follows a similar trend of household / community spread. We are informing you out of an abundance of caution. 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. Continue to follow the safety precautions that are in place. Together our preventive steps can protect the health of our students, school personnel, and the Sanford community in the new year.

COVID-19 is a respiratory illness that ranges from mild to severe. 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/difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Questions for the school can be directed to your building administrator. 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,

Matt Nelson, Superintendent of Schools