

A Caring School Community Dedicated to Excellence

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Dear Staff, Students, and Families,

Out of an abundance of caution Manchester Elementary School will be remote on Friday, January 8. Based on the possibility of a positive covid case we will use the remote day to deep clean the building, conduct contact tracing and verify covid test results. A further communication will be provided tomorrow as more information becomes available.

Meals will be available for any family that needs them. They can be picked up curbside at the Manchester elementary school between the times 10:30 am and 11:30 am. *Please call the office number at 622-2949 when you arrive in the parking lot in the front of the school, give us the number of meals you will need and the color of your vehicle.* Someone will arrange for the appropriate number of needed meals to be delivered to the vehicle.

All other RSU 38/Maranacook Area Schools will continue to run as scheduled.

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 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 can be directed to Abbie Hartford, the principal or the school nurse by calling the following number Manchester Elementary School 622-2949. 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,

James Charette
Superintendent of Schools