

Mustang Nurse News

Prepared by Your RSU 57 District Registered Nurses

Dear RSU 57 Community,

Happy New Year from your District Nurses! As we return to our schools following our winter break, we unfortunately continue to see cases of COVID-19 reported in our school community. Now is a good time to reflect on ways we have helped to slow the spread of COVID-19. Please continue to support our district's efforts in keeping our community safe by wearing a mask (must cover both the nose and mouth to be effective); maintaining a distance of 6 ft. or more from others, and performing frequent hand hygiene whether it be through handwashing or use of hand sanitizer. Our wish for all in 2021 is to have a much healthier and happier year.

News Updates & Headlines

- **IMPORTANT MESSAGE FROM YOUR SCHOOL NURSES** - You should have received an email from your student's school offering an "opt out" of the SARA Alert system should your student be identified as a close contact at school. The letter was distributed around the week of January 11, 2021. Any close contact identified through the school will automatically be enrolled in the SARA Alert system, unless the opt out form is completed or direct contact has been made with your student's School Nurse. The SARA Alert system is the daily automated monitoring tool from Maine CDC for identified close contacts. The email will have additional information with a link to opt out. If you have any questions regarding this email, or if you do not have an email and wish to opt-out from the SARA Alert system, please contact your school nurse directly and they can assist you.

SARA Alert System

- **TESTING FOR COVID-19** - There are different types of tests that identify COVID-19. As a district, we are strongly recommending that you receive a PCR test versus an antigen test for anyone experiencing symptoms of COVID-19, or if anyone is identified as a close contact and wants to test while in quarantine. Any close contact that develops symptoms of COVID-19 while in quarantine should be tested as soon as possible. If you have been tested during quarantine and develop symptoms following that test, you need to retest as soon as possible. Please note that if you are an

asymptomatic close contact, the recommended time frame to receive testing is 5-7 days following your last contact with a positive individual. This window is important as it can take this long for the virus to build a load strong enough to be detected on the test. See the link below to find a testing site near you (find out what type of test they offer before you schedule your test).

RSU 57 Resources Available

- Breakfast and Lunch are offered free of charge to ALL RSU 57 students this school year. If your student is a remote learner, and you would like to arrange meal pick-up for your student(s), please contact our RSU 57 Child Nutrition Program at 247-3221, option 7.

Out-of-District Resources

- [Get-Tested-Covid19.org](#)
- [What to Do if You Have Had Close Contact With a Person With COVID-19](#)
- [What To Do if You Have COVID-19](#)
- [SARA Alert System](#)
- [Nutrition Nuggets - February 2021 Edition](#)
- [Teen Food and Fitness - February 2021 Edition](#)

What can I do?

- Send extra, clean masks to school with your student
- Talk with your student about free breakfast and lunch. Many meals are wasted as students will order them but not consume them. Although free to all students, our nutrition staff are working hard to prepare each meal.

Contact us!

Do you have more questions? Contact your school nurse!

MHS: nancysobanik@rsu57.org

MMS: jenniferdorr@rsu57.org

Lyman: loriflannery@rsu57.org

Line: daneaneneyer@rsu57.org

Waterboro: kathleenearley@rsu57.org

Shapleigh: cerisehumphrey@rsu57.org

Alfred: elizabethsouleparent@rsu57.org