

Mustang Nurse News

Prepared by Your RSU 57 District Registered Nurses

Dear RSU 57 Community,

We can expect to see continued changes to the Maine CDC's COVID-19 guidance as we experience more positive cases of COVID-19, and the continued distribution of COVID-19 vaccines. We understand and appreciate how difficult it can be to keep up with these frequent changes. Your RSU 57 district nurses will do our best to keep you informed about the most current guidance. **The most recent updates include:**

- Testing of close contacts: The recommendation is for any close contact of a positive case (who has not tested positive for COVID-19 in the past 90 days) seek testing “as soon as possible”. If the test is negative, it is recommended to again seek testing 5-7 days after the possible exposure. The purpose of the recommendation “to test as soon as possible regardless of symptoms” is to quickly identify asymptomatic cases.
- Testing after a known exposure: A positive antigen test is no longer required to have a confirmatory PCR test taken within 48 hours of the positive test, as long as the individual has had a known exposure to a positive case.
- Generally speaking, an individual who has tested positive for COVID-19 should not need to be tested again for 90 days, however, if an individual has a new onset of COVID-like symptoms and tests positive within 90 days, they will need to isolate for at least 10 days.
- Maine residents can use MaineHealth's new automated virtual vaccine assistant to pre-register for the vaccination by calling **1-877-780-7545**. Visit the **Maine Covid-19 Vaccination Page** link to learn more about vaccine distribution and when you or your loved ones are eligible to receive the vaccine.

Planning to travel over February break? [Here](#) is the link to the Keep Maine Healthy frequently asked questions page regarding travel. New Hampshire and Vermont continue to be the only 2 states exempt from quarantine or testing. All students returning to school following travel to a non-exempt state will need to either 1) quarantine for a full 10 days upon returning to Maine and monitor for symptoms for an additional 4 days following quarantine; 2) provide the School Nurse with proof of a negative COVID-19 test that is taken no sooner than

72 hours prior to returning to Maine.

Are your student's vaccinations up-to-date? In preparation for the start of the 2021-2022 school year, please assure your student is up-to-date with all required immunizations. Initial enrollment is not the only time you will need to provide an updated copy of your student's immunizations. Seventh and Twelfth grade students also have specific requirements for student enrollment. *There will be further information provided in the coming months regarding the change to the rule on exemptions.* This law goes into effect for the start of the 2021 school year. If you know your student will no longer qualify for immunization exemption under the new rule, please discuss a catch up plan with your student's medical provider.

News Updates & Headlines

If you have not opted out of the SARA Alert system with the last notification and wish to, please contact your school nurse directly to have you or your student's name added to that list. See contact information below.

Although the length of quarantine has been shortened from 14 days to 10 days (with an additional 4 days of monitoring); close contacts will receive daily contact through the SARA Alert system through the full 14 days.

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](https://www.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](#)
- [Maine Covid 19 Vaccination Page](#)
 - [Moderna Covid 19 Vaccine](#)
 - [Pfizer Covid 19 Vaccine](#)
- Maine CDC general vaccination questions hotline: **866-962-6062**.
 - The phone line hours are **M-F, 8:00 am-5:00 pm**.

- **This is not a vaccination appointment line**, but they can respond to most vaccination-related questions from the public. If preferred, the public may also use the following email: [**COVIDVaccine@maine.gov**](mailto:COVIDVaccine@maine.gov)

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!

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