

Mustang Nurse News

Prepared by Your RSU 57 District Registered Nurses

Dear RSU 57 Community,

Happy Spring! We hope you are enjoying the longer daylight hours and the wonderful glimpses of the warmer weather that lies ahead. After the long, cold winter, springtime typically encourages more outdoor activities and events. Please remember that we are still amidst a pandemic and CDC Guidelines should still be followed including social distancing and wearing a mask.

Immunization Reminder: September 1, 2021 is when LD 798: An Act To Protect Maine Children and Students from Preventable Diseases by Repealing Certain Exemptions from the Laws Governing Immunization Requirements, will be in effect. Religious and Philosophical Exemptions will no longer be accepted. Contact your school nurse with questions.

Immunizations MUST be current for the grade in which your student is entering **prior** to the first day of school.

Required for Pre-Kindergarten entry:

- ❖ 4 DTaP (diphtheria, tetanus, pertussis)
- ❖ 3 Polio
- ❖ 1 MMR (measles, mumps, rubella)
- ❖ 1 Varicella (chickenpox) or reliable history of disease

Required for Kindergarten entry:

- ❖ 5 DTaP (4 DTaP if the 4th is given on or after 4th birthday)
- ❖ 4 Polio (3 Polio if the 3rd is given on or after the 4th birthday)
- ❖ 2 MMR (measles, mumps, rubella)
- ❖ 1 Varicella (chickenpox) or reliable history of disease

Required for 7th grade entry:

- ❖ 1 Tdap (tetanus, diphtheria, pertussis)
- ❖ 1 Meningococcal Conjugate Vaccine (MCV4)

Required for 12th grade entry:

- ❖ 2 MCV4, only one dose is required if the 1st dose is given on or after 16th birthday

News Updates & Headlines

- As of March 5, 2021, travel to the following states are now exempt from testing or quarantine requirements in the State of Maine: **New Hampshire, Vermont, Connecticut, Rhode Island or Massachusetts**
- Domestic travel to any other state within the United States will require a negative test result, or completion of a 10 day quarantine upon the return to Maine unless the individual has had a documented, positive test for COVID-19 within the past 90 days, or you are considered fully vaccinated (14 days beyond the date of your final dose of the vaccine). Please notify your School Nurse of any upcoming travel plans.
- International travel per Maine guidelines requires a 7 day quarantine period and a negative COVID-19 test 3-5 days upon returning to Maine. A negative test will not get you out of quarantine sooner as the 7 day quarantine is mandatory. If no test is obtained, a full 10 day quarantine must be completed.
- COVID-19 Vaccinations: Eligibility for receiving one of the three COVID-19 vaccines is currently open to individuals 50 and older. On April 19, 2021, eligibility will be expanded to all individuals 16 and older. Visit [COVID-19 Vaccine in Maine](#) for more information.
- You can pre-register for the vaccine now at [Vaccinateme.maine.gov](#).

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

- MaineHousing and Maine's Community Action Agencies are accepting applications for the [Emergency Rental Assistance Program](#). This program helps pay rent and utility costs for eligible renters affected by COVID-19. Maine's Community Action Agencies are running this program in communities across Maine. For more information or to apply visit:
 - [mainehousing.org/covidrent](#)
- [Nutrition Nuggets: March 2021](#)
- [Nutrition Nuggets: April 2021](#)
- [Teen Food and Fitness: March 2021](#)
- [Teen Food and Fitness: April 2021](#)
- [Maine Covid 19 Vaccination Page](#)
 - [Moderna Covid 19 Vaccine](#)
 - [Pfizer Covid 19 Vaccine](#)
 - [Janssen Covid 19 Vaccine](#)

Healthy Ideas and Tips

What Can you do?

- *Continue to follow the social distancing and masking guidelines, especially while out in public, even if you are fully vaccinated.*
- *Register for the COVID-19 vaccination now <https://vaccinateme.maine.gov/>*
- *Double check with your student's health care provider to assure your student is up-to-date with all the school required immunizations. Provide any updated immunizations to your student's School Nurse.*

Contact us!

Do you have more questions? Contact your school nurse!

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