 

Dear RSU 10 Community,

As I looked back to see the message, I sent out last year, with a figure “leaping” from 2020 into 2021 and commenting on 2020 being the “worst” and so much “hope” for 2021, I decided I felt like this polar bear!! So, we all need to “watch for ice” as we move into 2022!! We need to still be hopeful, but let us also be cautious and appreciative of each day in which we can find something positive to celebrate.

Many of you have heard the US CDC changed the quarantine protocol when testing positive for Covid-19. We have just learned that the Maine CDC is going to follow this as well. If a student or staff member tests positive for Covid-19 the quarantine will last for 5 days or longer if symptoms still remain. This is instead of 10 days. We all continue to wear masks in our schools. Remember as long as you are vaccinated or are participating in pool testing you will not have to quarantine if you are a close contact. ALSO, if exposed outside or on the school bus no quarantine. Otherwise, if you are a close contact, you will need to quarantine for 5 days instead of 10 days from the date of exposure. Additionally, if you are in Pool Testing it doesn’t matter anymore WHERE you are exposed – in the classroom or in the community – you will not need to quarantine if symptom-free. So please sign up for Pool Testing if you or are not vaccinated.

Best practice for determining Covid is a PCR test through a local center like Wal-greens. However, we realize there are times they are scheduling so far out, this becomes impractical for the 5-day timeline. If this is the case, please let your school nurse know the day of testing positive and the first day of symptoms. They will be able to tell you when isolation/quarantining will end. If you/student has tested positive BEFORE Wed. Dec. 29 AND you are symptom free you may come to school on Jan. 3rd. If you/student has tested positive or has been an exposure Dec. 29th through Jan. 3rd please stay home on Monday Jan. 3rd and contact your school nurse.

As always please be kind to our school nurses and all of our staff trying to navigate these changes!

Happy New Year to All!

Deb Alden