

NOKOMIS REGIONAL HIGH

291 Williams Rd, Newport, Me 04953
TEL: (207) 368-4354 FAX: (207) 368-3276
www.rsu19.org

January 10, 2022

To Nokomis Varsity Basketball Players and Family Members:

Over the weekend we received confirmation that two members of the boys program and one from the girls program tested positive for COVID19. Our nurse, Jessica Withee, has been working with affected players and families. In the last month, the Standard Operating Procedures for schools have significantly changed to support students staying in school and participating in activities without quarantining. However, there are still some steps we need to take to ensure our students are healthy and we minimize any further spread. Below are our next steps:

- The CDC recommends best practice is for all those exposed, to test for SARS-CoV-2 at day 5 after exposure. We will **REQUIRE** all coaches, boys and girls basketball team members to be tested on **THURSDAY, JANUARY 13**. We will provide the test at school. If you are within a 90-day window of being positive and have no symptoms, you do not need to test.
- For those who test positive for COVID-19: Isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a well-fitting mask when around others to minimize the risk of infecting people they encounter.
- All players will wear a well-fitting mask during practice and games for the next 10 days, no exceptions.
- For schools, the CDC has redefined close contact to include direct contact and quarantines are not required if a person is fully vaccinated or the school has a mandatory masking policy, which we do. This means close contacts from this Saturday do not need to be quarantined, unless you have symptoms.
- We ask that all students and families continue to follow the general safety guidelines, stay home when not feeling well, report any symptoms or positive home tests ASAP, properly wear masks over nose/mouth, and communicate with us about any questions.
- Any player who would like to test now, in addition to, this Thursday may meet with the school nurse to get tested.
- While we all have a vested interest in maintaining a healthy environment, remember that an individual's medical information is confidential. We all need to be careful about sharing another's information.

Please contact our School Nurse, Jessica Withee, jwithee@rsu19.net or me, mnadeau@rsu19.net, or call the school at 207-368-4354

Sincerely,



Mary Nadeau, Principal