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# Sanford School Department

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SCHOOL COMMITTEE:

Paula Cote, Chair. Amy Sevigny, Vice-Chair  
Jonathan Mapes John Roux Jennifer Davies

January 18, 2022

Dear SHS Staff, Students, and Families,

This letter is to inform you that there is an outbreak of COVID-19 at Sanford High School. Maine CDC opens a school-based outbreak investigation when at least 15% of students or staff/teachers in a school are absent in a single day where the majority of those absent are due to COVID-19 illness. Based on recommendations from the Maine CDC, we are taking steps to help prevent further spread.

Please monitor yourself/your student for signs and symptoms of COVID-19, which can include:

- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

If you/your student develop symptoms, get tested, stay home, and call a healthcare provider for questions or concerns about your/your student's symptoms. Please remember that being up-to-date on influenza and routine vaccinations can help minimize the occurrence and transmission of other respiratory illnesses. Maine CDC recommends prevention measures to minimize the spread of COVID-19. These measures include proper handwashing with soap and warm water, which is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When soap and water is not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands and avoid close contact with people who are sick. Stay home while you are sick and avoid close contact with others. Wear a well-fitting mask in public indoor spaces, especially if you are not vaccinated. Masks are recommended in schools and childcare settings for people over 5 years of age. Get a COVID-19 vaccine and COVID-19 booster when it is available to you. When in public, avoid social distances of less than 6 feet and direct physical contact.

Questions for the school can be directed to your building administrator. For general COVID-19 questions, dial 211 (or 1-866-811-5695). You can also text your ZIP code to 898-211 or email [info@211maine.org](mailto:info@211maine.org). Call a health care provider for questions about your symptoms.

More information can be found at [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Sincerely,

Matt Nelson, Superintendent of Schools

