

Matt Nelson
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Jennifer Davie Jonathan Mapes John Roux

April 14, 2022

Dear Students, Faculty, Staff and Families,

This letter is to inform you of recent positive COVID-19 cases reported on Thursday 4/14.

- Carl J. Lamb School 1 case
- Sanford Middle School 1 case
- Sanford High School 1 case

Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start and stay home if you are sick. Continue to follow the safety precautions that are in place. Together our preventivesteps can protect the health of our students, school personnel, and the Sanford community.

COVID-19 is a respiratory illness that ranges from mild to severe. The virus mainly spreads when an infected person coughs or sneezes and an uninfected person breathes in the virus. Signs and symptoms 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 or vomiting
- Diarrhea

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. Call a health care provider for questions about your symptoms. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,

Matt Nelson, Superintendent of Schools