



MARCIA BUKER SCHOOL

28 High Street, Richmond, Maine 04357
207-737-4748 Fax: 207-737-2563

Mary Paine, Principal
Debra Bodge, Administrative Secretary

Dear Parents and Guardians,

During the past several days our school has seen a high number of cases of serious respiratory illness and related absences. We appreciate those who are keeping their children home when they are ill and want to alert the entire community to the situation. Acting early can help keep serious illness from spreading. Federal Centers for Disease Control and Prevention and Maine CDC recommend schools and families focus on **early identification and exclusion** of ill students and staff.

Anyone with symptoms of respiratory illness, such as *cough, fever, or sore throat*, *should stay home* and follow the CDC recommendations as outlined below.

If individuals test positive for COVID-19, they should isolate for 5 days and may return with symptom improvement, masking days 6 through 10.

If your child has an uncontrolled cough, difficulty breathing, or persistent fever, you should consider a medical evaluation. There are many respiratory illnesses that cause these symptoms (e.g., COVID-19, Pertussis, Influenza, RSV).

Most illnesses of this nature are spread from person to person. Germs can be easily spread by:

- Coughing, sneezing, or talking
- Touching your face with unwashed hands after touching contaminated surfaces or objects
- Touching surfaces or objects that may be frequently touched by other people

Washing your hands is one of the most effective ways to prevent yourself and your loved ones from getting sick, especially at key times when you are likely to get and spread germs.

- Wash your hands with soap and water for at least 20 seconds
- If soap and water are not readily available, [use an alcohol-based hand sanitizer](#) that contains at least 60% alcohol to clean hands

If your child has become or becomes ill with respiratory illness, please keep them home, and contact the school at (207) 737-4748. Deb or Kerry will ask about the nature of your child's illness so that I can assess the outbreak status on any given day.

Thank you for your continued assistance in keeping our schools and communities healthy,

Sincerely,

Nurse Sammi Jo MacFarland, RN, Bsn
MBES School Nurse