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RSU 57 prepares respectful, responsible and creative thinkers for success in the global community.

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Dear Parents, Guardians & Staff

RSU 57 recognizes that the recent outbreak of the respiratory illness known as Coronavirus (COVID-19) has caused concern for all. We continue to receive guidance regularly from local and state health departments, the York County Emergency Management Agency and the Maine Department of Education to aid in the efforts of preventing further transmission of COVID-19. We are pleased to report that there are currently no cases of COVID-19 in the state of Maine. For further information, please visit the Center for Disease Control and Prevention (CDC) at <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/index.html">https://www.cdc.gov/coronavirus/2019-ncov/about/index.html</a> for the most current information on COVID-19.

It is also very important to recognize that we see Influenza and other respiratory illnesses this time of year. The CDC continues to encourage individuals to receive the flu shot. In addition, the following CDC recommendations are essential in reducing the spread of germs...

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Cover coughs and sneezes. Use a tissue to cover coughs and sneezes, then dispose of the tissue.
   When a tissue is not available, cough or sneeze into your elbow.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Wash hands for 20 seconds. Washing hands often under clean, running water can help prevent the spread of germs. If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60-95% alcohol until soap and water is available.

Please be aware that the custodial staff at all RSU 57 schools are taking additional steps to disinfect all commonly touched areas of the schools such as desktops, doorknobs and water fountains. This is being done on a daily basis.

Thank you in advance for following the recommendations above. Please review with your family how best to prevent the spread of germs.

Be Well

Larry Malone, Superintendent