



SHEEPSCOT VALLEY REGIONAL SCHOOL UNIT #12
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Howard Tuttle, Superintendent of Schools
Deborah Taylor, Director of Curriculum and Technology
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Larry Dancer, Director of Operations
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March 9, 2020

Dear RSU 12 Community:

We wanted to share with you some information and steps you can take to prevent the spread of illness across our schools and prepare for the possible spread of the coronavirus in our community. We understand that the Novel Coronavirus, now known as COVID-19, is causing anxiety in our community. We will work to provide as much current information as possible on this rapidly evolving situation. The following is a brief overview of the current situation. For more information, we recommend you visit this website, <https://www.maine.gov/doe/covid-19>.

What is Known

- The virus causing COVID-19 is a new coronavirus that has not been previously identified and causes a respiratory illness ranging from a mild cold-like illness to severe pneumonia.
- Most (81%) of people diagnosed with COVID-19 in China had mild disease, including most children.
- Similar to influenza, the people who are most likely to have severe disease and complications from COVID-19 are older individuals (>60 years old) and those with other underlying medical conditions.
- There is no vaccine or treatment currently available for COVID-19 but the National Institutes of Health is evaluating treatments and developing a vaccine already.
- Currently, there is no confirmed community spread of COVID-19 in Maine, meaning the virus is not being spread from person-to-person. However, experts predict there will eventually be community spread. Our schools are preparing for this situation.

How the Virus Spreads

- COVID-19 is believed to spread primarily the same way the common cold or flu spreads—through respiratory droplets that are produced when someone coughs or sneezes.
- People who are most at risk of becoming infected with COVID-19 are those who have been in close contact (within about 6 feet) with someone who has the disease.
- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread of the virus might be possible before a person has symptoms; there have been reports of this with COVID-19, but this is not thought to be the main way the virus spreads.

What You Can Do Now

- Keep children home when they are sick.
 - Students (and parents/guardians) who are ill, especially with acute respiratory symptoms (not allergies or chronic conditions), should stay home.
- Teach your children to always cover their cough and sneezes with a tissue or elbow.

- Remind them to wash their hands with soap and water (or use hand sanitizer) after they touch their face, use the restroom and before they eat.
- Tell children to avoid touching their mouth and nose since that is how germs get into the body.
- Clean frequently touched surfaces and objects (everyday household disinfectants are fine)
 - Enhance cleaning of high touch surfaces like door knobs, toilet handles, and sink handles.
- Plan for when community spread occurs.
 - Ensure you have a plan to designate a caregiver, such as a family member or neighbor, for a sick child(ren) if you can't stay home.
 - Make sure your contact information is up to date with your school in RSU 12, so that you will receive communications about the COVID-19 from our alert system.

Because most people with COVID-19 have mild disease, the likelihood that we will be closing schools is very low, but not zero. In the highly unlikely chance that a decision to close school due to a COVID-19 outbreak is made, it is important for parents/guardians to have a plan for who could take care of your child.

We are receiving updates as The Maine Department of Education is working directly with Maine Center for Disease Control and Prevention to monitor this evolving situation. We will continue to provide new information to the community as things change.

Sincerely,

A handwritten signature in black ink, appearing to read "Howard Tuttle". The signature is written in a cursive style with a large, stylized initial "H".

Howard Tuttle
Superintendent, RSU 12