

Cape Schools Open Minds and Open Doors

Community • Academics • Passion • Ethics

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Situation in Maine

Updated March 9, 2020 at 1:00 PM

Maine has no confirmed cases of COVID-19.

News releases from Maine CDC

- [Maine to Begin Testing for COVID-19 at State Lab](#)
- [Maine continues to prepare for coronavirus](#)
- [Maine Individual Tests Negative for 2019 Novel Coronavirus](#)

Travel

Travel Advisories

Updated: March 9, 2020 at 1:00 PM

China	Level 3: avoid all nonessential travel
South Korea	Level 3: avoid all nonessential travel
Italy	Level 3: avoid all nonessential travel
Iran	Level 3: avoid all nonessential travel
Japan	Level 2: older adults or those who have chronic medical conditions consider postponing travel
Hong Kong	Level 1: practice usual precautions
U.S. CDC: Coronavirus Disease 2019 Information for Travel U.S. State Department: Travel Advisories	

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 countries) and practice social distancing. *If you recently traveled to a country with a COVID-19*

outbreak and feel sick with fever, cough, or difficulty breathing within 14 days after you left, visit the [U.S. CDC's travel information page](#) for guidance.

Covid-19 Update: March 9, 2020

Below is the information from Maine CDC as of March 9, 2020 as well as some local updates.

Cape Elizabeth School Department has a staff member and several students who have traveled to concerning areas, and who have self-quarantined as a result of the March 4 advisory change. They will fulfill the 14-day recommendation to stay home and, if they remain symptom free, will return to school at the conclusion of the 14 days. Also, we are urging all students and staff who are sick with any illness to stay home.

Any parent whose family has traveled overseas at any time in the past few weeks is asked to contact the school nurse to share details of that travel so that possible application of precautionary voluntary quarantine guidelines can be determined.

The Cape Elizabeth schools have initiated a precautionary prevention strategy regarding room care by emphasizing sanitizing of table and desk surfaces, doorknobs, and stairway railings over daily floor cleaning in an effort to reduce risk.

Following the guidelines of our pandemic plan, teachers are also shifting to a default room arrangement in order to avoid face-to-face exposure of students.

Frequent hand washing with soap and water for 20 seconds remains the #1 precaution that we can all take in order to reduce the risk of the spread of any virus or germ.

Yesterday we received an update from the Maine DOE regarding school closures. Schools are urged to have a plan for students to continue learning at home, however it appears that if the days missed go beyond our capacity to provide continuity of instruction through remote school days, the Maine DOE will honor school board requested waivers for missed days. Staff have met to discuss continuity of instruction and those plans will continue to be developed.

Please visit the district [plan](#) on our web-site for additional information. Updates will be provided as we receive them from the CDC. Please note dates at the top of all information articles, as information changes frequently. The Maine CDC website is updated frequently so be sure to visit that site for the latest released news.

Sincerely,

Donna H. Wolfrom