



# Veazie Community School

1040 School Street Veazie, ME 04401

(207)947-6573 / FAX(207)947-6570

Superintendent of Schools & Principal: Matthew D. Cyr

March 6, 2020

11:00a.m. EST

## COVID-19 MEMO

Dear Parents and Guardians,

Veazie Community School understands that there is concern about the potential spread of the COVID-19 (Coronavirus) in the state of Maine and its impact on our students. We have been following the guidance of the Maine CDC in conjunctions with frequent updates and communications from the Maine Department of Education. Based on this guidance, schools in Maine will:

- Put into practice extra cleaning routines for custodial staff during and after school. Our custodial (and teaching staff) regularly disinfect high contact areas such as desks, door handles and light switches.
- Work with town, county and state officials as necessary to support student and staff best health practices for flu, Coronavirus, etc.
- Provide the best, most up-to-date information available from the US Centers for Disease Control and Prevention (CDC) to our staff, parents/guardians and community.

### Protect yourself with the following universal precautions:

- Wash hands frequently with soap and water for at least 20 seconds. If soap is not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough, or sneeze into a tissue or your sleeve. Be sure to throw tissues in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.

Veazie Community School has been following these universal precautions over the past few months and every year during the cold and flu season. We will continue these practices while continuing to follow CDC guidance and direction as we respond to this current situation. Thank you for your time and support.

Sincerely,

Matthew D. Cyr  
Superintendent & Principal

### Resource Links:

Maine Center for Disease Control & Prevention: <https://www.maine.gov/dhhs/mecdc/>

Maine Department of Education: <https://www.maine.gov/doe/covid-19>

[www.veaziecs.org](http://www.veaziecs.org)

***"Small School, BIG Heart!"***



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## COVID-19 Fact Sheet

3/6/20

11:00am EST

### 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 medical conditions like heart and lung disease or diabetes.
- 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 when/if this happens.

### 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)

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- 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.
  - Know your child's school plan to communicate with you when needed, such as robocalls, email or checking their website.

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.