

## Cape Schools Open Minds and Open Doors

Community • Academics • Passion • Ethics

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Superintendent of Schools  
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March 15, 2020, 7:00 PM

Dear Cape Elizabeth Parents, Students, Staff and Community Members,

I received this letter from the CDC at 4 PM today and was asked to release it after the 6:30 PM CDC Press Conference:

“This letter is to inform you that a student at Cape Elizabeth Middle School recently tested positive for Coronavirus Disease 2019 (COVID-19). Staff and students may have been exposed to the virus and we are informing you out of an abundance of caution. Please monitor yourself for signs and symptoms. Call a healthcare provider if you develop symptoms. It is important that you call a healthcare facility before you show up in person. Testing is not recommended if you do not have symptoms.

Maine CDC conducts investigations for all positive test results for COVID-19. Maine CDC will contact you directly if you are identified as a close contact of someone that tested positive.

COVID-19 is a respiratory illness that ranges from mild to severe and causes fever, cough, and shortness of breath. It can be more severe in adults 60 years and older and in those with underlying conditions. The virus mainly spreads when an infected person coughs or sneezes and the uninfected person breathes in the virus.

Maine CDC recommends prevention measures to prevent the spread of COVID-19. This includes proper handwashing with soap and warm water. This is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When soap and water is not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. You should also avoid touching your eyes, nose, and mouth with unwashed hands and avoid close contact with people who are sick. Cover your cough or sneeze into a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Stay home if you are sick.

For general questions dial 211 (or 1-866-811-5695). You can also text your ZIP code to 898-211 or email [info@211maine.org](mailto:info@211maine.org). Call a healthcare provider for questions about your symptoms.

More information can be found at [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).”

During the Maine CDC press conference this evening, Dr. Shah, Director of the Maine CDC, communicated that Cumberland County is now experiencing community transmission of COVID-19. Quarantine orders will be issued on a case by case basis and those individuals who should quarantine will be notified by the CDC. We have been informed that there are no quarantine orders as a result of this latest positive result, now that we are in community transmission. Please continue to take precautions, and I will continue to distribute information as I receive it.

Sincerely,

Donna H. Wolfrom

