

Cape Schools Open Minds
and Open Doors

Community • Academics • Passion • Ethics

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I hope this email finds you and your family well. It is hard to believe that today marks two weeks since students were last in the classroom setting in our schools. I want to take this time to provide you with an update.

Our student who tested positive is not considered "recovered" at this point, but he continues to improve at home. The Maine CDC is communicating with the family for updates and will determine recovered status when appropriate. Other than the frustration of isolation, he and his family are well. Recovered is currently defined by the CDC as at least 7 days since onset of symptoms AND at least 3 days (72 hrs) have passed since recovery (no fever without the use of fever-reducing medications) AND respiratory symptoms have improved.

I am happy and thankful to report that there have been no additional confirmed cases of COVID-19 in our school community (staff or students). While this is positive news, it comes along with the understanding of the CDC's tiered testing guidelines, which prioritizes COVID-19 testing for high risk groups. This means that not all individuals who are symptomatic will be tested. The [Maine CDC's website](#) has more information regarding the prioritized testing tiers under the heading "Current Testing Guidelines for Maine State Lab". We also have not been made aware of individuals within our schools exhibiting COVID-19 symptoms who were not tested but instructed by their primary care physician to isolate. Your school nurses continue to participate in the Maine CDC weekly briefings for medical professionals as well as the Maine DOE school nurse bi-weekly briefings. COVID-19 remains prevalent with community spread in our county and confirmed cases are on the rise. I want to stress the importance of continued preventative measures. Practice social distancing (maintain a distance of 6 feet from those whom you do not reside), wash hands often, use hand sanitizer with at least 60% alcohol when hands are not visibly soiled, avoid touching your face with unwashed hands, cover your coughs and sneezes, and stay home when sick. If you become symptomatic (fever, cough, and shortness of breath) contact your primary care provider for guidance. These symptoms may appear 2-14 days post exposure. Remember, while we have been out of the classroom setting for two weeks, there are multiple avenues in which one may be exposed within our community, county, and state. This email is by no means indicating we are anywhere near being in the clear. As the Maine CDC has advised, you should live your life as if you have the virus. Take precautions that will protect you AND others.

Please take time to care for yourselves, mentally and physically. Make an effort to get off the screens when able and get outside to exercise (while practicing social distancing)! Fresh air may just be the best medicine! I'll leave you with one of my favorite quotes from Dr. Nirav Shah, director of Maine CDC, "We should all be asking ourselves this: Are we part of the cure or are we going to be a part of the disease? And in this situation, I ask everyone to be part of the cure."

Check out the link below for up to date guidance and recommendations:

[Maine CDC Frequently Asked Questions](#)

Jill Young
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