

Mustang Nurse News

Prepared by Your RSU 57 District Registered Nurses

Dear RSU 57 Community,

As we enter May, it's a new month with continued distance learning and new guidelines from our state officials. Please refer to the [Maine.Gov](#) website for the most up to date information regarding the governor's order for re-opening our state.

Congratulations to our graduating 2020 Seniors!- Please contact Mrs. Sobanik to request a copy of your immunization record for college or work.

News Updates & Headlines

- All students entering **Pre-K, Kindergarten, GRADE 7, GRADE 12** are required to provide documentation from your medical provider on mandated immunizations.
 - The reference for school immunization requirements may be found at:
 - [Maine State Immunization guidelines](#)
 - Prior to the start of 2021/ 2022 school year:
 - Immunization Exemptions will only be accepted for a medical reason.
 - Documentation must be provided by a licensed healthcare provider (doctor, nurse practitioner or physician's assistant). Please contact your child's health care provider to discuss this further. There is plenty of time to get your child fully vaccinated prior to the required date.
 - Immunization records can be faxed or sent to their school directly.
 - If you have any further questions please contact your student's school nurse. (School Nurse contact information can be found at the bottom of this newsletter).
- **Face masks:** Face coverings are now strongly encouraged to be worn by all individuals while out in public when social distancing is challenging and potential exposure to the virus is greater. ***The purpose of the face covering is not to protect you from others but to protect others from you.***
 - Surgical and N95 masks should only be used by medical providers caring for sick individuals as they are risking exposure to COVID-19 EVERY DAY.
 - If you choose to wear a face covering (or mask), please be mindful about not touching and adjusting it while it is on your face and continue to maintain a minimum of 6 feet from those around you, even if wearing a face covering.

- As evidence proves that we could be infecting others several days before we even know we are sick.
- Check out this video regarding [Face Coverings and Gloves](#)

RSU 57 Resources Available

- Breakfast and Lunch Meals: please visit the [RSU 57 website](#) for the most current routes and times.

Out-of-District Resources

- [Nami Maine has a new emotional support text line for teens! Check this out](#)
- [New guidance for treating anaphylaxis during Covid 19](#)
- [How to Talk to Kids about COVID-19 and fun learning links for kids](#)
- [Information about Albuterol Inhaler Shortages](#)

Healthy Ideas and Tips

What Can you do? Take a look at these articles!

- [Tips for Keeping Your Home Clean in the Time of COVID-19](#)
- [Healthy eating during Covid 19](#)
- [Keeping Children Active during the Coronavirus Pandemic](#)

Contact us!

Do you have more questions? Contact your school nurse!

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Hey! Check this out!

[Coronavirus: A Book for Children by Elizabeth Jenner, Kate Wilson, and Nia Roberts](#)