



# REGIONAL SCHOOL UNIT 19

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**Mr. Michael Hammer**, Superintendent of Schools  
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October 14, 2020

Dear Staff, Students and Families,

This letter is to inform you that an individual associated with Nokomis Regional Middle School recently tested positive for Coronavirus Disease (COVID-19). This was an isolated case according to the CDC. There is no indication of an outbreak, nor is it an indication that students and staff members are not following CDC guidelines to minimize the risk of infection nor, under their guidance, should we be closing our schools.

We are informing you out of an abundance of caution. Initially per CDC guidance, we were advised not to send notification to the entire district.

In response to parental and staff continued concerns, I have decided to send this reminder out to all families. Please monitor yourself/your child for signs and symptoms. Call a health care provider if symptoms start. It is important that you call a healthcare facility before you go in person. PLEASE stay home if you are sick.

COVID-19 is a respiratory illness that ranges from mild to severe. It can be more severe in adults over 60 years of age and in those with underlying health conditions. The virus mainly spreads when an infected person coughs or sneezes and an unaffected person breathes in the virus.

Signs and symptoms include:

- \*Fever \*chills \*cough \*shortness of breath or difficulty breathing,
- \*muscle or body aches \*fatigue \*headache \*new loss of taste or smell
- \*sore throat \*congestion or runny nose \*nausea or vomiting or diarrhea.

Please keep in mind that many things cause respiratory illness, so students and staff should be up-to-date on their Influenza and routine vaccinations. The Maine CDC or a school representative will contact you directly if you are identified as a close contact of someone who tested positive to Coronavirus. In the event of a close contact, individuals will be asked by the CDC to quarantine for 14 days from the last exposure to the positive individual. A NEGATIVE TEST RESULT DOES NOT GET AN INDIVIDUAL OUT OF QUARANTINE.

Please contact the Maine CDC at 1.866.811.5695 or by dialing 2-1-1 for more information. Additional information regarding COVID-19 cases by school district may be found at:

<https://public.tableau.com/profile/maine.cdc.covid.19.response#!/vizhome/COVID-19casesbyschool/maine-covid-19-cases-by-school?publish=yes>

Thank you all for your patience while we continue to navigate through uncharted territory.

Sincerely,

Mike Hammer, Superintendent