



# MARANACOOK AREA SCHOOLS

*A Caring School Community Dedicated to Excellence*

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Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with Maranacook High School recently tested positive for Coronavirus Disease 2019 (COVID-19). This individual has not been at school since September 24, 2020. Although the student has been out of school and will continue to be out of school we wanted to inform the communities out of an abundance of caution. Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start. It is important that you call a healthcare facility before you show up in person. Stay home if you are sick.

All RSU 38/Maranacook Area School will continue to run as scheduled.

COVID-19 is a respiratory illness that ranges from mild to severe. 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 an uninfected person breathes in the virus. Signs and symptoms include:

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

Please keep in mind that many things can cause respiratory illness, so students and staff should be up-to-date on influenza and routine vaccinations.

Maine CDC recommends prevention measures to prevent the spread of COVID-19. These measures include proper handwashing with soap and warm water, which 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. 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.

Questions for individual schools can be directed to Dr. Conway, the high school principal or the school nurse by calling the following number Maranacook High School 685-4923. For general COVID-19 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 health care 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).

Sincerely,

James Charette, Superintendent of Schools