

Cape Schools Open Minds and Open Doors

Community • Academics • Passion • Ethics

Marcia Abbott Weeks
Business Manager
mweeks@capeelizabethschools.org

Catherine A. Stankard
Director of Teaching and Learning
cstankard@capeelizabethschools.org

CAPE ELIZABETH SCHOOLS

320 Ocean House Road
P.O. Box 6267
Cape Elizabeth, Maine 04107
Phone: (207) 799-2217 Fax: (207) 799-2914

Del Peavey
Director of Special Services
dpeavey@capeelizabethschools.org

Donna H. Wolfrom
Superintendent of Schools
dwolfrom@capeelizabethschools.org

October 28, 2020

Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with the Cape Elizabeth High School tested positive for Coronavirus Disease 2019 (COVID-19). We are utilizing the remote learning day today, October 28th, to conduct contact tracing and to properly disinfect the building. The impacted areas will be deep cleaned according to CDC guidance. At this time, we are expecting to open the building for instruction on Thursday, October 29th. At this time, it is our understanding that no other schools have been impacted by this case.

Maine CDC or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 14 days from last exposure to the positive individual. A negative test result does not get an individual out of quarantine.

We are informing you of this situation out of an abundance of caution. Please continue to monitor yourself/your student for signs and symptoms. Call a healthcare 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.

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 the school can be directed to the school nurse (contact information below). 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. Call a health care provider for questions about your symptoms. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Stay well,

Donna Wolfrom, Superintendent

<u>PCES</u> - 207-799- 7339/ fax 207-799-8171 Erin Taylor	<u>CEMS</u> - 207-799-8176/fax 207- 767-0832 Jill Young	<u>CEHS</u> - 207-799-3309/fax 207-767- 8050 Karen Jenkins
---	---	--