

April 11, 2021

Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with MSAD 70 recently tested positive for Coronavirus Disease 2019 (COVID-19). Maine CDC or a school representative has contacted those who are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 10 days from last exposure to the positive individual. A negative test result does not get an individual out of quarantine. There is a possibility that other staff or students came in contact with this individual and therefore may have been exposed to the virus. We are informing you 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.

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
- 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 are 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.

As a result of staff specific quarantine requirements, both the Mill Pond School and Hodgdon Middle High School will engage in remote instruction for the week of April 12 through April 16, 2021. If you have specific learning/ equipment needs please call your school (532-9228 MPS), (532-2413 Or 532-3663 HMHS). Questions for the school can be directed at Sarah Baillargeon, school nurse, by calling 532-9228. Questions for the District (MSAD # 70) can be directed to Steve Fitzpatrick by calling (207) 532-3015.

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. Be Safe Out there and “make it a great day” that choice is yours.

Sincerely,

Stephen J. Fitzpatrick Supt. of Schools MSAD # 70

