

January 7, 2021

Dear Staff, Students, and Families,

This letter is to inform you that RSU 16 has had three (3) additional confirmed Coronavirus (COVID-19) cases from January 4, 2021 - January 7, 2021. Our protocols for screening, identifying close contacts, and quarantining have helped contain the spread of the virus within the school and all cases continue to be contracted from household or community transmission. Even though the cases are household or community transmission, RSU 16 is still responsible for informing our staff, students and families. All in-person instruction in RSU 16 will go on as originally scheduled.

Whittier Middle School has one (1) confirmed Coronavirus (COVID-19) case.

Poland Regional High School has two (2) confirmed Coronavirus (COVID-19) cases.

In the above cases, there are no known close contacts identified within our schools. All three cases were not in school during the infectious period.

As always, please monitor yourself/your students 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. 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	· headache	· congestion or runny nose
· cough	· new loss of taste or smell	· nausea or vomiting
· shortness of breath or difficulty breathing	· sore throat	· diarrhea
	· muscle or body aches	· fatigue

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.

Please continue to follow the Maine CDC recommendations to help decrease the spread of community transmission of COVID-19 by wearing a mask, avoiding close contact with non-household members, and washing your hands often. Thank you for your continued efforts in helping to keep our students and staff safe.

Sincerely,

Kenneth J. Healey