

December 30, 2020

Dear Staff, Students, and Families,

This letter is to inform you that RSU 16 has an official outbreak of Coronavirus (COVID-19) cases at Poland Regional High School (PRHS). Poland Regional High School has 3 confirmed cases within 14 days (1 staff, 2 students), resulting with 26 individuals in quarantine. Typically, an outbreak status ends 14-days after the last positive test or symptom onset date, whichever is later. Please remember, outbreak status and school's being open/closed are two separate things that do not depend on each other.

The last date one individual attended school was December 18, 2020, in which all known close contacts have been notified and were in quarantine through December 28, 2020. This case was previously reported in a notification letter on December 22, 2020. The two other confirmed cases last attended school on December 22, 2020. There are no known close contacts at school for these two individuals as they were not in school during their infectious period. All in-person instruction at PRHS will go as originally scheduled on January 4, 2021 after the holiday break.

For a case to qualify as an outbreak, extending it another 14-days, the case must have attended in-person learning or an in-person school-sponsored activity within 14-days prior to their symptom onset/ test collection date. If the individual hadn't been in school for the 14-days prior to their symptom onset/ test collection date, then they aren't associated with the outbreak.

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