

March 26, 2021

Dear Staff, Students, and Families,

This letter is to inform you that RSU 16 has one positive Coronavirus (COVID-19) case associated with **Poland Regional High School (PRHS)**. There are no close contacts at PRHS associated with this case.

**There are high levels of community transmission occurring in our communities recently and we are seeing an increase of positive COVID-19 cases within our schools. We are monitoring each case closely to determine if there was in school transmission. It is too soon to let our guard down. We need all members of our communities to help control the spread of COVID-19 and help keep our doors open for in-person instruction. If you are visiting or riding with someone outside the immediate household, please wear a mask, maintain social distance, and wash your hands. In order to keep our buildings open, we need to keep the rate of community transmission low.**

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

If anyone in your household tests positive for COVID-19, please notify your student's school nurse immediately. This includes our VL5 students and household members.

DURING school hours, please call your student's school nurse:

MCS: 346-6471; Mary Wallace

ESS: 345-3381; Laurie Camire

PCS: 998-4915; Louise Robinson

PRHS & BWMS: 998-5400; Lisa Storer and Pam Tracy

AFTER school hours/weekends/holidays/vacation weeks:

Please call RSU16 COVID Nurse Tracer, Jessica Taylor at 740-0791.

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical. If you have questions about COVID-19 vaccines, visit the [CDC website for information about vaccines](#). It describes in more detail the vaccines and provides answers to commonly asked questions. Also, your health care provider is a resource for information about vaccines.

Thank you for your continued efforts in helping to keep our students and staff safe.

Sincerely,  
Ken Healey