

Kittery

School District

Truth & Knowledge

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TO: KITTERY SCHOOL DISTRICT
FROM: ERIC WADDELL *Eric*
DATE: MARCH 5, 2020 (12:00 PM)
RE: COVID-19 UPDATE

This morning, I participated in a conference call with Department of Education and Maine CDC officials regarding Covid-19. Even though there are no confirmed cases of Covid-19 in Maine, officials are telling those of us in the education arenas that it is not a question of 'if' but rather a question 'when' the virus will arrive in Maine. We are working very hard NOW in the Kittery School District to mitigate the impact of the virus when it arrives in Maine.

I want to share my notes from the conference call with you in an effort to keep you updated on the situation:

- The CDC is being very specific about the difference between 'self-isolate' and 'self-quarantine.' A person who is sick will 'self-isolate.' A person who is asymptomatic (not sick) will 'self-quarantine.'
- The CDC is recommending that students and staff members who traveled to the following countries **WITHIN THE PAST 14 DAYS** self-quarantine:
 - China
 - Iran
 - Italy
 - South Korea
- If a student or staff member has traveled to these four countries within the past 14 days, we are also requesting that he/she notify the school nurse. The school secretaries will assist you with this.
- The recommendation of self-quarantine is only for those who have actually traveled to those four countries listed above. Others who may have come in contact with a person who traveled to one of these four countries should self-monitor for symptoms (fever, cough, shortness of breath). In fact, we ALL should be self-monitoring for these symptoms.
- It is possible to have both influenza and Covid-19.
- If a student or staff member is sick, he/she should stay home and self-isolate until 24 hours have passed with no fever.

- Please be patient and kind to our secretaries who will ask parents for specifics about why their student is staying home. We are obligated to track this information and report back to the Department of Education.
- Students and staff who exhibit symptoms (fever, cough, shortness of breath) must self-isolate and notify their school nurse after they have called their primary care provider.
- I will be communicating any urgent or emergency-level announcements about Covid-19 through the School Messenger system (that is the system I use to cancel or delay school due to weather). If you've been receiving my calls/texts/emails all winter, you're all set. If you have not, you must contact our Data Manager (nembry@kitteryschools.com).
- I will be attending an on-site meeting with the Department of Education and the Maine CDC Friday afternoon in Augusta. I will report back to our families and employees with any new information.
- Our three School Nurses will be participating in a conference call on this topic Friday afternoon.

A public health crisis is upsetting for all of us, but it also has the potential to bring us together. Kindness, patience, and understanding are more important now than ever before. The Kittery School District will be flexible and responsive as this situation evolves; we thank you for support during this challenging time.