

# Kittery

## School District

*Truth & Knowledge*

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Eric F. Waddell • Superintendent of Schools • ewaddell@kitteryschools.com • (207) 475-1334

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March 26, 2021

Good afternoon...

I am sorry to report that Principal Gamache was notified this afternoon of an individual connected with Mitchell Primary School who has tested positive for COVID 19. The CDC-required letter is attached. There are no new close contacts connected with this positive case.

Thank you for your continued vigilance as we strive to keep the virus out of our schools. As I mentioned in my Friday Communication earlier today, we are not out of the woods yet. Let's hold firm to **The Kittery Promise** which I've attached here.

Sincerely,



Eric Waddell  
Superintendent of Schools

# KITTERY SCHOOL DISTRICT

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March 26, 2021

Dear Staff, Students, and Families:

This letter is to inform you that an individual associated with Mitchell Primary School recently tested positive for Coronavirus Disease 2019 (COVID-19). **There are no new close contacts connected with this positive case.** 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 health care facility before you show up in person. Stay home if you are sick. Please call your student's school nurse if your student develops symptoms, tests positive, or anyone in your household tests positive for COVID-19.

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

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 or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 14 days from last exposure to the positive individual, or for 10 days with a negative PCR test no less than 5 days from the last exposure. A negative test result does not get an individual out of quarantine. Close contacts who are fully vaccinated for COVID-19 are not required to quarantine. However, they must monitor themselves for 14 days, and if symptoms develop, they must quarantine immediately and seek a COVID-19 test.

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.

Questions for the school can be directed to Principal Gamache or Nurse Shay by calling 207-439-1707. 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](mailto:info@211maine.org). Call a health care provider for questions about your symptoms. More information can be found at: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Sincerely,  


Eric Waddell  
Superintendent of Schools