

**Kittery School District**  
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Dear Kittery Families...

With the approaching school year, we know that it can be a stressful time for you and your families. The KSD nurses want you to know that we have been following the science regarding the evolving information about Covid-19. Though it can be confusing, it is a sign of the progress that is being made by scientists and public health experts in learning about this virus.

We also want you to know that we are following CDC guidelines as well as the recommendations put forth by the Department of Education, Maine Association of School Nurses and the National Association of School Nurses.

We understand that you will have many questions, and we hope to address some of these in a 12-minute video. [Click here to watch the video!](#)

As public health professionals, we also know that everyone must make an effort to keep our community safe. We can do this only if we work as a community and adopt measures to protect our families. Please consider these important measures:

- Do not send your students to school after giving them any fever-reducing medication such as Tylenol, Advil, Ibuprofen, Motrin, etc. Please know that in school we will be using such medications sparingly.
- If daily medications can be given at home, please do so. Most medications other than those that need to be given 4 times a day can be timed to be administered at home.
- Have alternate plans for student illness, such as someone who can pick your students up from school if they become ill, a contact number that you will answer during the school day, and a reliable means of transportation.
- ***Importantly! Please make sure that your child's immunizations are up-to-date. This is especially important during a pandemic to keep other infectious diseases out of the school as much as possible.***

### **What do we know about Covid-19?**

There is new information almost daily as we learn more about this virus. Please watch the video with your students so that they have at least a basic understanding of the virus. This is an important first step in keeping them as safe as possible. If you would like to review the slideshow embedded in the video, it is available here:

[Slide Presentation From Video](#)

### **Will there be a screening process and temperature taking upon entry to school?**

Most children who are positive with Covid-19 are asymptomatic; adults can spread the virus up to 2 days before a fever develops. Therefore, we will not be taking temperatures upon arrival, and we are asking you to assess your child and our staff to assess themselves **each day** prior to arriving at school or boarding the school bus. Please stay home if you answer 'yes' to any of the 4 questions.

[Daily Self-Check](#)

### **Must my child wear a mask at school?**

Children and adults will wear masks on the bus and in school. They may remove them to eat and drink, and there will be mask breaks. Please consider supplying your students with something to store their mask in when they are allowed to remove it. A paper bag with their name on it is ideal. Lanyards are not considered a hygienic way to store a mask. Proper application and removal is an important step in infection control. It is important for your child to have a clean mask each day.

### [How to Wear a Mask](#)

#### **Will hand washing be encouraged in school?**

Hand washing will be encouraged in school as well as the use of hand sanitizer. Protocols will be put in place to assure that this occurs several times during the day as is noted in the **Re-opening Plan**. It is important that you work with your child to ensure that this is done properly. Most children skip some steps or do not take the time to do it properly.

### [Handwashing](#)

#### **How will illness be handled at school?**

The nurses will assess students complaining of illness. We will follow the latest CDC, DOE, and MASN guidelines to keep the school community safe. If students have a temperature or a sign of Covid-19, they will be kept in an isolation room until a parent/guardian arrives. ***This is where we need your help. Please be available by phone and make arrangements for your child to be picked up from school when ill as soon as possible.***

#### **How will nurses see students with injuries or needing medications and keep them safe from those who are ill?**

School health services will be delivered differently from years past. The nurses will work hard to separate those who may need to be seen for injuries or routine care from those who may need to be seen for illness in an effort to reduce the spread of disease. This may mean that we go to a classroom to see students or evaluate them in an isolation room.

Given the different ways that school health will be delivered this year, the school nurses will rely on you, the parents/guardians of these precious students, to provide us with up-to-date immunizations, the most recent physical exam paperwork, and any new health information. We will need this all as early in the school year as possible.

If we work together as a team, we can all stay as healthy as possible this year!

The Kittery School District Nursing Team