

Kittery

School District

Truth & Knowledge

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

February 2, 2021

Dear families and staff of Mitchell Primary School...

Principal Gamache reported to me earlier today that an individual connected with MPS has tested positive for COVID-19. **I am relieved to inform you that there are no close contacts connecting this individual with anyone at Mitchell Primary School.**

I am attaching the CDC-mandated letter here. Also, remember to use the **Daily Self Check** everyday before arriving at school or boarding the bus. COVID-19 symptoms look very much like symptoms of the common cold or flu. Even allergy symptoms can resemble the symptoms of coronavirus. If you or your student doesn't feel well, **PLEASE STAY HOME AND ALERT THE SCHOOL NURSE**. By doing so, we will be able to keep our school open and running as they should even during this pandemic.

I've attached the **DAILY SELF CHECK** here as well for your easy reference.

As always, thank you for your support!

Sincerely,



Eric Waddell
Superintendent of Schools

KITTERY SCHOOL DISTRICT

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

February 2, 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 school-related close contacts associated 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.

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 Nurse Shay or Principal Gamache at Mitchell Primary School by calling 207-439-1707, or via email (ssstathoplos@kitteryschools.com or agamache@kitteryschools.com). 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. Call a health care provider for questions about your symptoms. More information can be found at: www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,



Eric Waddell
Superintendent of Schools