

# 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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January 15, 2021

Good evening...

Late this afternoon, I learned that an individual associated with Mitchell Primary School has tested positive for COVID-19. Unfortunately, there are close contacts who have already been reached personally by school officials.

The CDC-mandated letter documenting the positive case is attached here. If you have any questions, please reach out via email to:

**Principal Gamache** ~ [agamache@kitteryschools.com](mailto:agamache@kitteryschools.com)

**Nurse Shay** ~ [sstathoplos@kitteryschools.com](mailto:sstathoplos@kitteryschools.com)

You may also call Mitchell Primary School Tuesday morning with questions (207-439-1707)

Remember; the 'tighter' your cohort, the less chance there is to spread the virus. If you must be among others, keep your mask on and keep your interaction brief (certainly less than 15 minutes). Even a casual interaction that extends 15 minutes or more will almost certainly cause others to be identified as a 'close contact' in the event of a positive case. We must assume that EVERYONE is a potential exposure source.

Have a relaxing weekend...better days ahead!

Sincerely,



Eric Waddell  
Superintendent of Schools

# KITTERY SCHOOL DISTRICT

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

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January 15, 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 is a possibility that other staff or students came in contact with this individual and therefore may be exposed to the virus. **All close contacts have been personally notified by school officials.** 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 which was Wednesday, January 13<sup>th</sup>. **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 Shay Stathoplos, RN by emailing her ([ssathoplos@kitteryschools.com](mailto:ssathoplos@kitteryschools.com)), or to Principal Gamache ([agamache@kitteryschools.com](mailto: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](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).

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Eric Waddell  
Superintendent of Schools