

# 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 19, 2021

Good evening...

I am sharing a CDC-mandated letter detailing a positive COVID-19 case reported to me this afternoon from Mitchell Primary School. Fortunately, there are no school close contacts related to the case.

I know this has been a busy day for positive case announcements. The open communication with school officials in this case prevented the possibility of close contacts at school. Thank you! When our families and school officials work together, we can mitigate the risk of exposure.

As always, I could encourage you to reach out to Nurse Shay or Principal Gamache if you have questions. The office number at Mitchell Primary School is 207-439-1707.

Sincerely,



Eric Waddell  
Superintendent of Schools

# KITTERY SCHOOL DISTRICT

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January 19, 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-based close contacts associated with this 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 or TMA 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 Shay Stathoplos, RN by calling 207-429-1707 or via email (sstathoplos@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).

Sincerely,



Eric Waddell  
Superintendent of Schools