

# 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 21, 2021

Good Thursday afternoon...

Earlier this morning, I received word of a new positive case of COVID 19 at Shapleigh School. Fortunately, there are no new close contacts associated with this individual. We are sharing this information with you (and the CDC-mandated letter) to keep you well informed.

I hope your transition today to Status Red went smoothly. Remember; tighten up those cohorts! Keep your distance from others (both at school and at home), wear your mask, and monitor how you feel. We'll get things back on the rails soon so we can all get back to "normal" (Status Yellow) by February 1st. We can do it!

Enjoy your day.

Sincerely,



Eric Waddell  
Superintendent of Schools

# KITTERY SCHOOL DISTRICT

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January 21, 2021

Dear Staff, Students, and Families:

This letter is to inform you that an individual associated with Shapleigh School recently tested positive for Coronavirus Disease 2019 (COVID-19). **There are no new 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 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 Brenda Bladen, RN by calling 207-439-2572. 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