

Kittery

School District

Truth & Knowledge

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

March 18, 2021

Dear Mitchell Primary School families and staff...

Principal Gamache notified me this afternoon that she received word from an individual associated with MPS of a positive COVID 19 case. Furthermore, there are close contacts connected with this case. **ALL CLOSE CONTACTS HAVE BEEN NOTIFIED BY SCHOOL OFFICIALS.**

The required Maine CDC letter is attached for your information. Another letter will be sent directly to close contacts via email as well. If you have any questions, do not hesitate to contact Principal Gamache or Nurse Shay by calling 207-439-1707 or via email: agamache@kitteryschools.com or sstathoplos@kitteryschools.com.

Thank you for continuing your commitment to The Kittery Promise, and especially to the Daily Self Check which I've attached here.

Sincerely,



Eric Waddell
Superintendent of Schools

KITTERY SCHOOL DISTRICT

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March 18, 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 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. 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 Principal Gamache or Nurse Shay at Mitchell Primary School by calling 207-439-1707. 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