



October 28, 2021

Dear Staff and Families,

This letter is to inform you that a student associated with MeANS 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 have been exposed to the virus. 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 healthcare facility before you show up in person. Please stay home if you are sick.

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: • new loss of taste or smell • fever or chills • sore throat • cough • congestion or runny nose • shortness of breath or difficulty breathing • nausea or vomiting • fatigue • diarrhea • muscle or body aches • headache

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.

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 10 days from last exposure to the positive individual, pending some exceptions. A negative test result does not get an individual out of quarantine.

Maine CDC may also give you a call. 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 can be directed to our school nurse, Brittney Ibbitson at 509-0182. For general COVID-19 questions, dial 211 (or 1-866-811-5695). More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,

Matt Newberg
Head of School

A handwritten signature in black ink, appearing to read "Matt Newberg", is written over the printed name and title.

MAINE ACADEMY OF NATURAL SCIENCES

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