



January 9, 2022

Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with George Stevens Academy recently tested positive for Coronavirus Disease 2019 (COVID-19). We are informing you out of an abundance of caution.

Contact tracing and communication with all close contacts have been completed.

Please monitor yourself/your child for signs and symptoms. Call a healthcare provider if symptoms start. Stay home if you are sick or are experiencing any listed symptoms.

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
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea
- confusion
- pressure or pain in the chest
- blue/gray-tinged skin/lips/nail beds
- inability to wake or stay awake

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 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. Stay home while you are sick and avoid close contact with others. Wear a cloth face covering in public indoor spaces, especially if you are not vaccinated. Cloth face coverings are recommended in schools and childcare settings for people

over 5 years of age. Get a COVID-19 vaccine when it is available to you. When in public, avoid social distances of less than 6 feet and direct physical contact.

Questions for the school can be directed to me by calling (207) 374-2808. 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 healthcare provider for questions about your symptoms. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,

Katharine Fodnaess
School Nurse