



May 4, 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.

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.

- 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

Please remember that being up-to-date on influenza and routine vaccinations can help minimize the occurrence and transmission of other respiratory illnesses.

Maine CDC recommends prevention measures to minimize 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. Masks are optional in schools and on school buses. Get a COVID-19 vaccine and a COVID-19 booster 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