

9/21/2021

Dear Staff, Students, and Families,

This letter is to inform you that individual's associated with Stratton School recently tested positive for Coronavirus Disease 2019 (COVID-19). Please monitor yourself/your student for signs and symptoms. Call a health care 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.

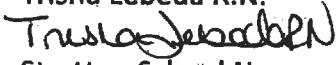
Maine DOE or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts who are unvaccinated and not a pooled testing participant will be asked to quarantine from school for 10-full-days from last exposure to the positive individual. All unvaccinated close contacts will be asked to quarantine from non-school activities as well. 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. 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 at the School Nurse by calling 246-2283. 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,

Trisha Lebeda R.N.

  
Stratton School Nurse

For each close contact (CC) who is without symptoms and who has not tested positive for COVID 19, the following matrix is used to determine quarantine:

Where was the exposure? →		Outside of school	Classroom	Bus, lunch area, or other school areas
		What exceptions do they qualify for? ↓		
1	Fully vaccinated	No quarantine	No quarantine	No quarantine
2	Positive within 90 days and no longer infectious	No quarantine	No quarantine	No quarantine
3	Pool testing participant	Quarantine	Community quarantine/ May attend school-based activities*	Community quarantine/ May attend school-based activities*
4	School enforces mandatory masking policy. exposure was 3-6', & both CC & COVID- case are students	Quarantine	Community & activity quarantine/May attend school-day hours**	Quarantine
5	None	Quarantine	Quarantine	Quarantine

\* Individual may attend all school and school-affiliated activities, but must maintain quarantine outside of school activities  
 \*\* Students may attend class and other school-day events, but must quarantine outside of the school day

This matrix is from the Standard Operating Procedure (SOP) last updated 9/13/2021

The entire SOP can be found on the Maine Department of Education website in the COVID-19 toolkit.