

5/18/2022

Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with Stratton School has tested positive for Coronavirus Disease 2019 (COVID-19). Close contacts to this case have been notified today. Please ask your child for the notice that explains their individual instructions.

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:

1. fever or chills
2. cough
3. shortness of breath or difficulty breathing
4. fatigue
5. muscle or body aches
6. headache
7. new loss of taste or smell
8. sore throat
9. congestion or runny nose
10. nausea or vomiting
11. diarrhea
12. confusion
13. pressure or pain in the chest
14. blue/gray-tinged skin/lips/nail beds
15. 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 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