



## News from the nurse

6/07/22

- Today was the last round of pool testing. Results are pending for all participants and are expected to result by Thursday 6/9. Rapid testing is still available.
- Free Covid-19 home tests are still available from school, contact Nurse Trisha if you need any. Each household can also order free Covid-19 home tests 3 times from <https://www.covid.gov/tests/>
- The latest recommendations for Covid-19 vaccinations are as follows:
  - Ages 5-11: Initial series and a booster 5 months after the initial series
  - Ages 12-49: Initial vaccination and a booster 4 months later. A second booster 4 months later **ONLY** if you are immunocompromised.
  - Ages 50+: Initial vaccination and 2 boosters, each 4 months apart.
- Antiviral treatment for Covid-19 infection is available to those who are considered high risk. Contact your Physician if you test positive and ask if you are eligible. Chronic diseases, smoking, mental health conditions, substance use disorders, physical inactivity, and being overweight are some of the conditions that can make you eligible. Test early, treat early!
- In regards to Covid-19 protocols and procedures, the current operating procedures from Maine CDC and Maine DOE for schools will end June 30<sup>th</sup>. Going forward, instructions are to follow US CDC guidance.
- Be sure to be up to date on school required vaccinations prior to the start of school for the 2022-2023 school year. School required vaccines can be found at <https://www.maine.gov/doe/sites/maine.gov/doe/files/inline-files/ME%20Immunization%20Requirements%20for%20Schools%20%286%29.pdf>
- Summer is a great time for students to have their well child checks and sports physicals to prepare for the upcoming year. Sports physicals are required for all that want to play school sports and are honored for 2 years unless otherwise stated by the Physician/health care provider.