

Gardiner - Randolph - Pittston - West Gardiner

Maine School Administrative District No. 11

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Superintendent of Schools

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Angela Hardy
Director of Curriculum & Instruction

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Dear Staff, Students, and Families/Caregivers:

This letter is to inform you that a student at the Laura E. Richards School and a teacher at the Gardiner Area High School have tested positive for COVID-19. As a result, close contacts at both schools are currently being identified and contacted. There is a possibility that other staff or students came in contact with these individuals and therefore may be exposed to the virus. We are informing you out of an abundance of caution. Students and staff should monitor for signs and symptoms. Call a health care provider if symptoms start. Stay home if you are sick.

The Laura E. Richards School and Gardiner Area High School and all MSAD 11 schools will remain operating in yellow.

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
- shortness of breath or difficulty breathing
- muscle or body aches
- new loss of taste or smell
- congestion or runny nose
- diarrhea
- cough
- fatigue
- headache
- sore throat
- nausea or vomiting

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 or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 10 days from last exposure to the positive individual.

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. Cover your cough or sneeze into a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Questions can be directed to the school nurse in your child's school. 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 health care provider for questions about your symptoms. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,

Patricia Hopkins

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Superintendent of Schools