



## COMMUNITY LETTER FROM SUPERINTENDENT

1/19/2021

### RE: COVID-19 POSITIVE CASE AT MILFORD SCHOOL DISTRICT

This letter is to inform you that a member of the Milford School District has tested positive for COVID-19. We were notified this morning 1/19/2021. We have taken steps with our response team to follow Maine CDC and DOE guidelines to notify staff and students as appropriate. We believe it best to share what we can with our entire community. Here are some details:

The individual who tested positive was not in school the week of 1/11/2021. Given this, there are no close contacts and the case does not present a need for us to quarantine any staff or students.

If you have not been contacted by staff or the CDC there is no interruption to your school or other schools at this time.

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

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 preventive measures to help control the spread of COVID-19. These measures include proper handwashing with soap and warm water, which is especially important after using the bathroom, before/after eating, after blowing your nose, coughing, or sneezing. When soap and water are not available, use an alcohol-based hand sanitizer with at least 60% 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 surfaces and objects using a regular household cleaning spray or wipe.

General questions regarding COVID-19 can be answered by calling 1-866-811-5695, you can text your zip code to 898-211, or email at [info@211maine.org](mailto:info@211maine.org) or by calling your primary care provider. 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).

Questions for the school can be directed to the superintendent's office by calling 827-2252 or directed to the school nurse.

Sincerely,



Patricia Clark, Superintendent

لترجمة هذه الوثيقة، يرجى الاتصال 1-855-938-0657

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