



LETTER TO FAMILIES FROM SUPERINTENDENT

RE: COVID-19 OUTBREAK

This letter is to inform you that there is an outbreak of COVID-19 at the Milford School District.

An outbreak means that there are 3 or more cases of COVID-19 within a 14 day period that are epidemiologically linked. Based on the recommendations from the Maine CDC, we will continue to keep the school closed for cleaning to help prevent any further spread of COVID-19. We have consulted with Erica Penrod from the CDC and our plan for the safe return for staff and students, while also following quarantine for identified individuals, is what they have recommended.

The plan is to return to in-person learning on April 5th, 2021. Further communication about the reopening of school will be determined in the near future and communicated as any changes occur.

Please monitor yourself and your child(ren) for signs and symptoms. Call a health care provider if symptoms appear. It is important that you call a healthcare facility before showing up in person. Please call your primary healthcare provider if you would like to have a COVID-19 test for yourself or your child(ren). If your student becomes symptomatic you may call the school nurse and be scheduled to receive a rapid test. You may also utilize the community based options such as: ConvenientMD (207) 922-1300 or City of Bangor-Bass Park (referral required).

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
- new loss of taste / smell
- congestion / runny nose
- nausea / vomiting
- diarrhea
- sore throat

- headache

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.

The school has already notified all known close contacts of these cases. The Maine CDC will contact you directly if you are identified as a close contact of someone who has tested positive. Close contacts will be asked to quarantine for 14 days from the last exposure to the positive individual. It is important to note that a negative test does NOT get an individual out of quarantine.

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 or by calling your primary care provider. More information can be found at www.maine.gov/dhhs/coronavirus or 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,

Superintendent Clark