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October 7, 2020

Dear Staff, Students, and Families,

This letter is to inform you that an individual associated with Gilbert School recently tested positive for Coronavirus Disease 2019 (COVID-19). The individual is not showing any symptoms at this time. According to the Department of Education (DOE) in consultation with the Center for Disease Control (CDC), the individual was not in school during the infectious period, and **no close contacts have been identified**.

We are informing you out of an abundance of caution. Please continue to monitor yourself/your student for signs and symptoms. Call a healthcare provider if symptoms start. It is important that you call a healthcare facility before you show up in person. Stay home if you are sick.

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
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion/Runny Nose
- Nausea or vomiting
- Diarrhea

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. 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 for the school can be directed at Sarah Landry, Principal, or Emily Davis, School Nurse, by calling (207)626-2491. 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). [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Sincerely,

Sarah Landry

Principal, Gilbert School