



***Lincoln Elementary School
30 Lincoln Street
Augusta, ME 04330***

***Nicole Clark
Dean of Students***

***Heather Gauthier
Principal***

***Chelsey Kaiser
Guidance Counselor***

***Phone (207) 626-2483
Fax (207) 626-2535***

November 6th, 2020

Dear Staff, Students, and Families,

This letter is to inform you that an individual at Lincoln Elementary School has been identified as a possible positive for COVID-19. The individual has been in quarantine and is awaiting test results. **The families of the students who may be impacted have been contacted directly.** The Superintendent's office and our school is working closely in conjunction with the Department of Education and the Center for Disease Control regarding COVID-19 protocols.

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 to Heather Gauthier, Principal, or Jessie Eastman, Nurse, at Lincoln School by calling (207) 626-2483. 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. www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Sincerely,

Heather Gauthier

Principal, Lincoln Elementary School