

Mt. Blue Regional School District
129 Seamon Road, Suite 2
Farmington, Maine 04938

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October 9, 2020

Dear Staff, Students, and Families,

This letter informs you that an individual associated with Academy Hill School recently tested positive for COVID-19. Other staff or students may have come in contact with this individual and, therefore, may have been exposed to the virus. We are informing you out of an abundance of caution. Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start. Stay home if you are sick.

We are working closely with the Maine CDC to ensure our response aligns with all safety guidelines. **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 14 days from last exposure to the positive individual. A negative test result does not get an individual out of quarantine.

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:

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

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.

Questions for the school can be directed to Academy Hill School Nurse Kim Lloyd at klloyd@mtbluersd.org or by calling 207-645-4488.

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. Contact www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus for more information.

Thank you for your continued efforts in helping to keep our students and staff safe. We will keep you updated as new information becomes available.

Sincerely,



Tina Meserve
RSU 9 Superintendent of Schools