March 5, 2020

Dear Parents and Guardians of MSAD#1 Students,

MSAD#1 is working closely with the Department of Education and the Maine Centers for Disease Control and Prevention as the novel coronavirus rapidly spreads around the country.

We are reminding folks of the following CDC recommendations to help prevent the spread of the coronavirus as well as the seasonal influenza:

- Stay home when you are sick.
- Stomach viruses are frequent illnesses during the school year. The above is helpful in preventing the spread of these germs. Oftentimes the virus remains in your system and may be passed on for up to 3 days after one is feeling better. For this reason, the Maine Center for Disease Control and Prevention recommends that children who are ill remain at home during the symptomatic period and for 24-48 hours after the last set of symptoms are experienced.
- Influenza-like illnesses also circulate during this time. If your child is complaining of a cough and/or a sore throat and has an elevated temperature, please keep your child home from school. Your child may return to school once they have been fever-free for 24 hours without the use of a fever reducing medication such as Tylenol (acetaminophen) or Ibuprofen.
- The technical definition of a fever is a temperature above 100.5°F. There are times when it is appropriate for a child to go home even if an elevated temperature is not present but they are experiencing other symptoms.
- Please be aware that, with the illnesses described above, your child may need a day or two at home to recover even after their fever or other symptoms are no longer present.
- Students should avoid touching their eyes, nose or mouth.
- Cover your coughs and sneezes.
- Wash hands under clean, running water and soap for 20 seconds: Sing the “Happy Birthday” song through two times.
- Sanitizing gel may be used if water is not available. The sanitizing gel should be 60-95% alcohol.

You may find more information at: cdc.gov/coronavirus

Sincerely,

Ben Greenlaw
Superintendent of Schools