



M.S.A.D. #59

Monica Beach, R.N. School Nurse

Heather Sadler, R.N. School Nurse

Mailing Address: Madison School District, 486 Main Street, Madison, Maine 04950

Phone: (207) 696-3381 ***Fax:*** (207) 696-5640

E-Mail: monica.beach@msad59.org or heather.sadler@msad59.org

Dear Parent/Guardian/Staff,

May 10, 2022

Recently, many communities in Maine have seen an uptick in Covid cases, and ours is no exception. The latest strains, even though highly transmissible, produce much less severe symptoms. Please remain vigilant in your efforts to stay healthy. Wash your hands frequently, monitor yourself/family members for symptoms and stay home if you are sick.

From this point on, our best advice is to **consider yourself a close contact at ALL times**. If you or your family member exhibits cold or flu-like symptoms, please stay home until your symptoms are improving. Symptoms to watch for are listed below.

- Fever or chills
- Cough, shortness of breath or difficulty breathing
- Fatigue, muscle/body aches
- Headache
- Sore throat, new loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Current Maine School Guidelines for Students/Staff who are positive for Covid:

- Those who test positive must remain at home for 5 days from symptom onset. Day 0 is the 1st day symptoms began.
- Students/Staff can return to in-person learning on day 6, as long as they are wearing a mask through day 10, fever-free for 24 hours without medications AND symptoms are improving.
- If someone in your household tests positive for Covid, you can return to school/work as long as you are symptom free.
- You do NOT have to provide nursing staff with a negative Covid test to return to class/work.

Please call your school offices and ask to speak to the school nurse if you have any questions or concerns.

Sincerely,

The MSAD #59 Nursing Staff