



**Regional School Unit 13
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Dear Staff, Students, and Families,

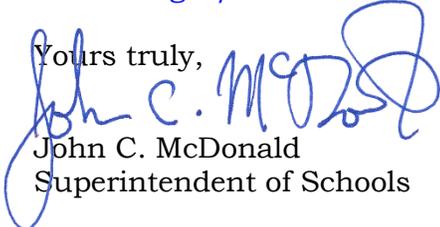
This letter is to make you aware that due to having three separate cases within a 14-day period at Oceanside High School, we were informed today that the CDC has designated Oceanside High School as having an outbreak status of Coronavirus Disease 2019 (COVID-19). According to our Standard Operating Procedure, an outbreak is defined as “3 or more confirmed cases from different households within 14 days in a school.” We do not have any evidence that these cases are linked nor that there has been transmission within the school. We are not aware of any new cases at OHS since December 18th. The school/classrooms are being cleaned over break, and we plan to open the school as planned on Monday, January 4th. Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start. It is important that you call a health care facility before you show up in person.

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:

<ul style="list-style-type: none">• fever or chills• cough• shortness of breath or difficulty breathing• fatigue• headache	<ul style="list-style-type: none">• new loss of taste or smell• sore throat• congestion or runny nose• nausea or vomiting• diarrhea
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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.

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. More information can be found at www.maine.gov/dhhs/coronavirus or www.cdc.gov/coronavirus.

Yours truly,

John C. McDonald
Superintendent of Schools