

# Great Salt Bay School

Weekly Bulletin -January 8, 2020

*The mission of the Great Salt Bay School is to provide a nurturing, safe and enjoyable environment in which all children are challenged and inspired to pursue excellence in all aspects of their education.*

*Striving to Be Better Than Our Best!*

## Calendar Update

January 13 - School Board Meeting (6:00 pm)

January 18 - No School (Martin Luther King Jr. Holiday)



**Reminder - If your child will be absent from school, please call 563-3091 and press 2.**

## Important Information from the Maine CDC

If your child is identified as a close contact of a confirmed positive case of COVID-19 at the school, you will be notified by the school through a phone call or email and provided initial guidance on next steps, including quarantining and testing. Once you have received notification from the school, the Maine CDC's Sara Alert system will begin sending you follow up guidance via text messages.

Sara Alert is an automated system that uses daily text messages to help people who have been identified as close contacts to monitor for symptoms after exposure. All students and staff will be enrolled in Sara Alert if they are identified as having been in close contact with a COVID-19 positive person while at school.

There is nothing required of you to be automatically enrolled in this service. If, however, you would like to opt out of Sara Alert, please contact Nurse Linda Cosgrove at 563-3091 ext. 108, by January 15. If you do opt out of the Sara Alert system, and are later identified as a close contact to a positive case, you will receive follow up phone calls to confirm you have opted to not receive the automated text messages from Maine CDC.

Additional assistance is provided to Maine residents who have been identified as a close contact of a COVID-19 positive person, and need support during quarantine. You may request this assistance by using this online form: <https://www.maine.gov/dhhs/form/covid-19-referral-form>

Additional information about community care and social support is available here:

<https://www.maine.gov/dhhs/coronavirus-resources/support-for-isolation-quarantine>, or you can send an email to [dhhs.covid.socialsupport@Maine.gov](mailto:dhhs.covid.socialsupport@Maine.gov)

# What Happens if I Have Contact with a COVID-19 Case?

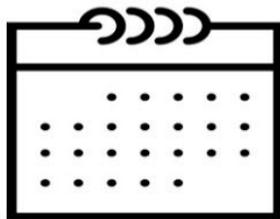


## I THINK I had contact with a COVID-19 case. What now?

**If you had contact with someone who you think has COVID-19:**

You should:

- Monitor yourself for symptoms for 14 days.
- Contact a healthcare provider if symptoms develop.
- Quarantine is not recommended.
- Maine CDC may contact you if you are identified as a close contact of a COVID-19 case.



## I AM a close contact of a COVID-19 case. What now?

**If you had close contact (within 6 feet for 15 total minutes or more within 24 hours) with a COVID-19 case:**

- Quarantine at home for 10 days after last exposure. After 10 days, continue to monitor for symptoms for 4 more days.
- Take your temperature 2x per day.
- Monitor for fever, cough, or difficulty breathing.
- Contact a healthcare provider if symptoms develop.
- If you live with your close contact, you must stay in quarantine until 10 days after they are released from isolation.



## What is SARA Alert™?

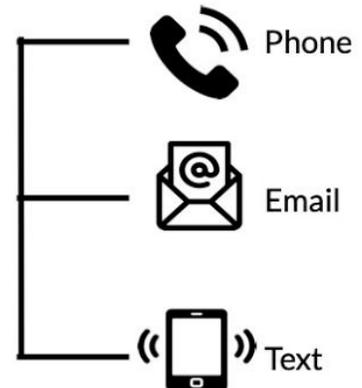
SARA Alert™ is a system that Maine CDC uses to enroll close contacts of COVID-19 cases if they are named as a close contact during an investigation.

COVID-positive individuals should notify their close contacts themselves.

The SARA Alert™ System:

- Allows exposed individuals to self-monitor and report any symptoms.
- Always maintains privacy.

**SARA Alert™ enrollees can choose between three methods of communication:**



For more information visit: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)