



# Regional School Unit 1

34 Wing Farm Parkway, Bath, ME 04530

*Patrick Manuel, Superintendent*  
*Debra Clark, Business Manager*

*Katie Joseph, Assist. Superintendent*  
*Justin Keleher, Dir. Special Education*

***Think - Care - Act***

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November 6, 2020

Dear Staff and Families,

As we move into the winter season, we wanted to draw your attention to some important information and resources to help keep our community healthy.

Chloe Teboe, from News Center Maine, recently shared some helpful guidance that we feel all families should read:

"It's a tough conversation many families are navigating, as [holidays] creep closer — which means Thanksgiving, Hanukkah, Christmas, Kwanzaa, and the New Year are all on the horizon. Health experts like Dr. James Jarvis, senior vice president and physician executive at Northern Light Eastern Maine Medical Center, say it's important to consider a number of factors regarding travel, including:

- Where would guests be traveling from? Do they live in an exempt state with a low prevalence of disease or a non-exempt state? [Maine travel link](#)
  - {Note from our nurses: Are you and your family traveling out of Maine for the holidays? Are you aware that if you travel to a non-exempt state, you **are required** to either quarantine for 14 days or get a negative PCR test before returning to school?}
- Would your guests choose to get tested when they leave their state, or when they arrive in Maine? Would they quarantine?
- How would your guests be traveling? Experts say flying is fairly safe right now because most airports are taking precautions -- but it's still a confined space. If your guests are driving a long distance, they might have to stay at a hotel, which experts say can be risky.
- What are the health conditions of family members and loved ones? Pre-existing conditions like heart or lung disease, cancer, and obesity can all lead to greater risk.

If your family decides to have an in-person get together, Dr. Jarvis and Dr. Nirav Shah, Director of the Maine CDC, say you should take precautions by using good hygiene, social distancing, and using face coverings, even inside of the home. You should also try to have some separation for at least the first three days of being together to watch out for symptoms of COVID-19 — and you should have a plan for what to do if someone becomes sick."

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<http://www.rsu1.org/>



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The more careful we are with health and safety recommendations, hopefully the more healthy our school communities will stay (and the more likely they are to stay open!). And, as always, please remember to:

1. Get your flu shot - it is not too late!
2. Stay 6 feet apart
3. Wear a face covering
4. Avoid large gatherings
5. Wash your hands often
6. Stay home if sick

The below resource pages will help inform you of the best practices for safely enjoying upcoming holidays.

[Click Here for CDC Holiday Guidance](#)

[Click Here to Find Locations for Free Flu Vaccines](#)

[Click Here For the Self-Check Form \(staff/students should complete this before attending school/work\)](#)

[Click Here for RSU 1's COVID Illness Guidelines \(so you know what to do if you have a symptom/s\)](#)

Our community has done an excellent job of carefully protecting ourselves and one another. Thank you for your efforts so far this year!

Sincerely,

The RSU 1 Nursing Staff

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