

Regional School Unit 83
Maine School Administrative District No. 13

P.O. Box 649, Bingham, Maine 04920

Superintendent's Office
(207) 672-5502
Fax: (207) 672-3800

Moscow Elementary School
Grade Pre-K-4
(207) 672-5572

Valley Jr./Sr. High School
Grades 5-8 & 9-12
672-3300

Sept 9, 2020

Dear Parents and Students,

First, I want to thank you for all your support and understanding as we have begun a new school year. We had a few hiccups last week and are continuing to make adjustments. We still need to adjust the busing schedule to be able to have all students arrive at an appropriate time. Please bear with us as we make these adjustments. Until we have our busing schedule finalized, we are not able to accommodate changes on where we are picking up and dropping of students. We may not be able to do this in the future due to contact tracing. At this time, we are asking that your child continue to be picked up and dropped off at the same location until the beginning of October.

Attached is the newest Department of Education flowchart determining if your child should be attending school on any given day. Also included is the latest screening tool that you are required to complete before your child boards a bus or enters a school. When in doubt please keep your child home to protect the health of other students and staff. The screening tool is to assist us in protecting the health of your child, other students and staff members. Please help us keep everyone healthy. With your cooperation we are hoping to keep our students participating in person rather than remote learning. We can only achieve this with your help.

Regards,

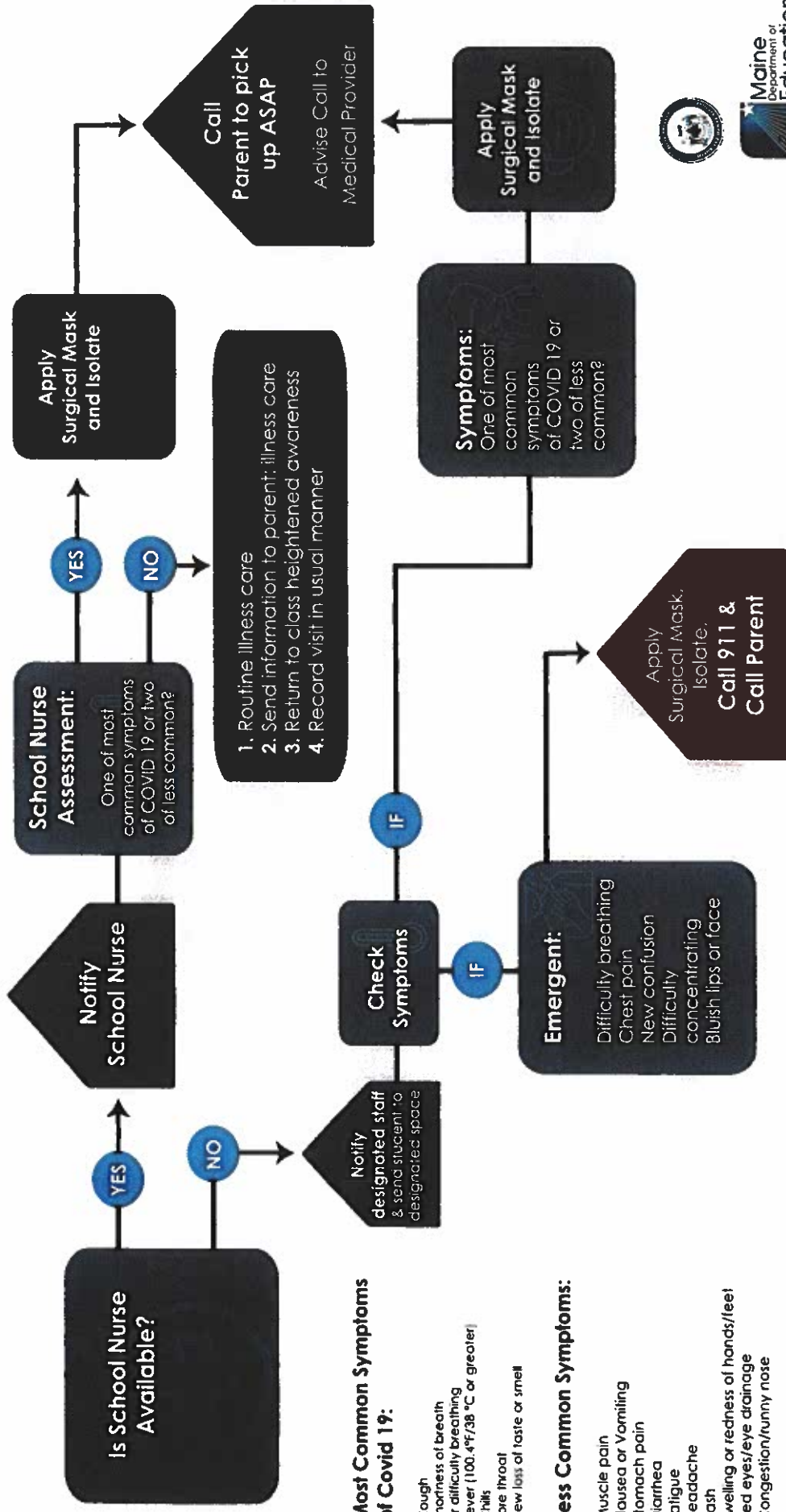


Sandra MacArthur
Superintendent of Schools

In Class Screening Tool

COVID-19: Child Feels/Appears Unwell Flowchart

Updated 9/11/20



Most Common Symptoms of Covid 19:

Cough
Shortness of breath or difficulty breathing
Fever (100.4°F/38 °C or greater)
Chills
Sore throat
New loss of taste or smell

Less Common Symptoms:

Muscle pain
Nausea or Vomiting
Stomach pain
Diarrhea
Fatigue
Headache
Rash
Swelling or redness of hands/feet
Red eyes/eye drainage
Congestion/runny nose





RSU 83 / MSAD #13 COVID-19 Guidelines

YOU NEED TO STAY HOME OR WILL BE SENT HOME IF YOU HAVE:

ONE OF THE FOLLOWING
MAJOR SYMPTOMS:
COUGH
SHORTNESS OF BREATH
DIFFICULTY BREATHING
FEVER OF 100.4* OR HIGHER
CHILLS
SORE THROAT
NEW LOSS OF TASTE OR SMELL

OR

TWO OF THE FOLLOWING
MINOR SYMPTOMS:
MUSCLE PAIN OR BODY ACHES
NAUSEA OR *VOMITING
*DIARRHEA
HEADACHES
CONGESTION/RUNNY NOSE
RASH
SWELLING OR REDNESS OF HANDS OR FEET
RED EYES/EYE DRAINAGE

OR

BEEN WITHIN 6 FEET
OF SOMEONE
DIAGNOSED WITH
COVID-19 FOR 15 MINUTES OR
MORE

*PLEASE NOTE:

ALTHOUGH VOMITING AND DIARRHEA ARE NOT LISTED AS MAJOR COVID-19 SYMPTOMS, STUDENTS ARE ASKED TO STAY HOME AND WILL BE SENT HOME FOR EITHER OF THESE TWO SYMPTOMS.

WHEN CAN I RETURN TO SCHOOL?

NO COVID-19 TEST

MAY RETURN AFTER 10 DAYS
OR
WITH A DOCTOR'S NOTE
INDICATING AN ALTERNATIVE
DIAGNOSIS

ALSO MUST BE AT LEAST 24 HOURS
WITH NO FEVER
WITHOUT TAKING MEDICINE
AND
SYMPTOMS HAVE IMPROVED

NEGATIVE COVID-19

AT LEAST 24 HOURS
WITH NO FEVER
WITHOUT TAKING
MEDICINE
AND
SYMPTOMS HAVE
IMPROVED

POSITIVE COVID-19 TEST

MAY RETURN AFTER
10 DAYS
AND
AT LEAST 24 HOURS WITH
NO FEVER WITHOUT TAKING
MEDICINE
AND
SYMPTOMS HAVE
IMPROVED
AND
CDC APPROVAL

EXPOSURE TO COVID-19

MAY RETURN AFTER
14 DAYS WITH NO
SYMPTOMS

COVID-19

Pre-Screening Tool for School Attendance

Within the past 24 hours
have you had a fever
(100.4 and above*) or
used any fever reducing
medicine?

YES =



Do you feel sick with any
of the most common
symptoms of Covid, had
vomiting/diarrhea, or felt
unwell?
(see symptom list to the right)

YES =



Have you been a close
contact of a person with
Covid in the past 14 days?

YES =



Have you traveled
outside of the state in
the past 14 days?

YES =



**Stay home with any YES response to the questions above OR
with two or more of the "less common" symptoms listed to the
right.**

Attend school when all answers are NO and your child is
feeling well with no other symptoms of illness. Call or see your
school nurse or other designated person at school if you have
questions.

Updated 9.3.20



Most Common Symptoms of Covid 19:

Cough
Shortness of
breath
or difficulty
breathing
Fever (100.4°F/
38 °C or greater)*
Chills
Sore throat
New loss of taste
or smell

Less Common Symptoms:

Muscle pain
Nausea or
Vomiting
Stomach pain
Diarrhea
Fatigue
Headache
Rash
Swelling or redness
of hands/feet
Red eyes/eye
drainage
Congestion/
runny nose

*Fever is 100.4°F/
38°C regardless of
measurement
location (oral,
temporal).