



St. Brigid School

Excellence Faith Community

Welcome back new and returning St. Brigid families! We are so excited you are all here. Below is a little bit of information about your school nurses and updated Covid-19 information.

- There are 2 part time nurses! Sommer Toutain, RN (Mrs. Toutain) and Sallie Rich, RN (Ms. Rich)
- Who is here when?
Mrs. Toutain- Tuesday/Wednesday/Thursday
Ms. Rich- Monday/Friday
- Our office is in the basement, just past the 3rd grade classrooms
- Contact info: By telephone (207) 797-7073 and by our shared email sbsnurse@portlanddioceses.org
- We ask that if you send any medical information to your student's teacher that you cc the nurses as well. We love caring for your children, and the best way to do so is if we are kept in the loop.

Reminders

- If your child has been identified as a close contact to a known positive Covid-19 case in the community (not school related), please do not send them to school. Even if your child is asymptomatic and tests negative, they must complete a 10-day quarantine before returning to school. There is no testing out of quarantine.
- Continue to make sure your child has a clean and properly fitting mask. It is always a good idea to send an extra in their book bag.
- While masks are not required outside, please have your child's mask accessible at morning drop-off before they enter the building.
- **If your child is feeling unwell** (including vomiting/diarrhea, fever, sore throat, body aches, etc.) please, please **keep him or her at home**. Please keep your child at home if he or she has had a fever within 24 hours and/or if you have given any fever reducing medicine.

Current travel guidelines

- **Traveling within the US:** Currently Maine no longer requires proof of a negative test or quarantine for travelers/residents traveling to and from the state of Maine.
 - If one or more states see a spike in cases of highly contagious COVID-19 variants, Maine will apply its test or quarantine requirement to travelers to and from that state. The Maine CDC will publicly announce any such states when they are identified.
- **International Travel: For fully vaccinated travelers to Maine:** Vaccinated international travelers do not need to quarantine on their arrival to Maine unless they are symptomatic. Vaccinated international travelers who are asymptomatic do not need to be tested.
 - **For travelers to Maine who are not fully vaccinated:** Unvaccinated international travelers should quarantine for 7 days since their arrival into the U.S.
 - Unvaccinated, asymptomatic international travelers should be tested if their arrival in Maine is within 3-5 days of their arrival into the U.S. ([Find a Maine testing site here.](#))
- **For the most updated travel guidance** please visit <https://www.maine.gov/covid19/keepmainehealthy/faqs>