April 13, 2021

Dear Forest Hills Community,

Each year many families use school vacation weeks as opportunities for travel, but at this time such travel brings with it additional risks for contracting and transmitting COVID-19, according to the United States Center for Disease Control and Prevention (US CDC). It is critically important that our school communities continue to do everything we can in order to keep our schools safe, open, and able to provide in-person instruction.

The US CDC has issued strong guidance to the American people to continue to limit our interactions and travel at this time.

We encourage our staff and families to know the risks and the requirements for travel, and to communicate with our school leaders if you are travelling so that our schools can continue to operate safely.

In accordance with Maine travel guidelines, any staff or students who travel within the US to any state other than the New England States (New Hampshire, Massachusetts, Vermont, Rhode Island, Connecticut- no restrictions as of 4/13/21 for these states only), they will be required to either:

1. Complete a 10-day quarantine upon arrival in Maine and continue to monitor for signs and symptoms for an additional 4 days OR

2. Obtain and receive a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result within 72 hours prior to arrival back into Maine to forgo the 10-day quarantine. 
   a. Travelers may be tested upon arrival in Maine as well but must quarantine while they wait for test results. A negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result will allow the traveler to leave quarantine early.

Returning to work or school after travel is not dependent on the length of time spent within the restricted states, meaning that a day visit still requires any person to quarantine and/or test as described above. All members of the household who travel must test or quarantine if over 12 months old, unless the person is fully vaccinated by definition of the CDC. Testing site information for Maine can be found at: https://www.maine.gov/covid19/keepmainehealthy/testing.

Please continue to follow best practice safety protocols: wear a mask, keep physical distance, wash your hands and monitor for symptoms, and help protect our schools and neighbors.

If you have any questions, please feel free to contact me by email or by calling the school at (207)668-5291.

Sincerely,

Thad A. Lacasse
Superintendent/Principal