



COVID-19 PREPAREDNESS

Update as of: March 10, 2020

KEEPING OUR COMMUNITY SAFE

At Central Maine Healthcare, our highest priority is the safety and wellness of our patients and families, our staff and the wider community. Although we remain at a steady state of preparedness for emergent situations (like epidemics), since January we have taken extra steps to reduce the chance of COVID-19 spreading in our hospitals, practices and facilities, and to prepare to test and treat any potential patients who develop coronavirus. We have updated procedures and protocols, reinforced team training, conducted emergency drills, and publish daily internal and public communications. As always, we are following the guidance of the Maine and Federal Centers for Disease Control and Prevention and have worked with other healthcare systems in Maine to make sure our communities are adequately resourced in case of an outbreak. Our goal is to continue to provide access to high-quality care while actively working against the spread of disease in our community.

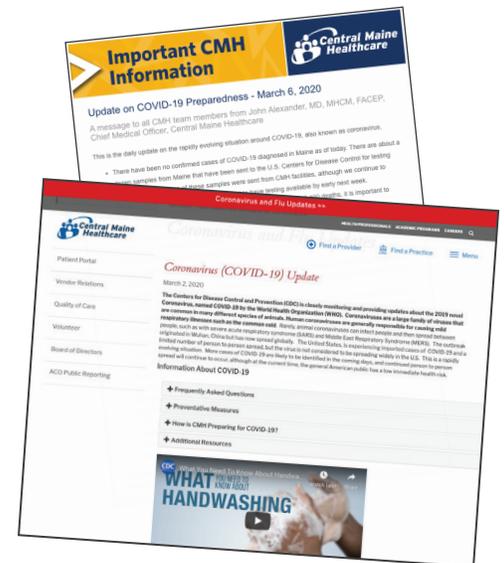
OUR TEAMS

Central Maine Healthcare has undertaken additional training of its front-line staff to cover new protocols for screening and caring for patients who present with respiratory symptoms. These new procedures include questions about travel and symptoms, masking where appropriate and isolating those patients for further testing who meet the criteria.

Fit tests for N95 respirators have been conducted and alternative personal respirators and eye protection are being made available to staff who may care for symptomatic or test-positive patients. Negative pressure rooms are being made available across the system and in our ambulatory locations, offering more convenient access to those who may seek testing outside the hospital.

For everyone's safety, we are restricting business travel outside the state of Maine, asking staff who have been traveling to get cleared by our employee health department before returning to work, and canceling events with large numbers of attendees, such as our quarterly medical staff meeting. We have established an incident command group to guide our efforts. This group will be trained and can scale up appropriately in the event of an epidemic in Maine.

Every Central Maine Healthcare employee receives a daily email update.



OUR PATIENTS

To prevent the potential spread of the virus in our hospital, we have placed temporary restrictions on visitors. We ask that anyone with respiratory symptoms—from sniffles to flu—not visit patients in the hospital. And we have restricted children under the age of 12 from visiting in the hospitals. These restrictions also apply to our long term care facilities, Bolster Heights in Auburn and the Rumford Community Home.



THE COMMUNITY

We are committed to transparency and have been publishing daily updates on coronavirus on our website and through social media. It is important to remember that the influenza virus is still circulating in our community, and we stress simple prevention tips that work for both flu and COVID-19, which are both spread through droplets:

- **Wash your hands with warm soapy water for at least 20 seconds after using the bathroom, before meals or after riding public transportation—even elevators and escalators. Alcohol-based hand sanitizer works, too—if you can find it.**
- **Do not touch your face.**
- **Try to avoid large public gatherings and stay at home if you are sick.**
- **Senior citizens and immune-suppressed people are most at risk and should carefully consider their travel plans and activities for the time being.**
- **Cover your coughs. Consider alternatives to handshaking, especially if you have respiratory symptoms.**
- **If you are not sick, you do not have to mask.**

