

Weekend Update on COVID-19 Response - April 9, 2020

MAINE		Total Positive				Total Recovered	
		560				202	
CMH	Total Tests Administered	Total Positive Tests	CMMC	MUC	Bridgton	Rumford	Total Current CMH Hospitalizations
	913	29	12	4	12	1	2

**Current Team Member FAQ's**

**TODAY'S TOP 3 - April 9, 2020**

1. We continue to receive wonderful donations of home-made fabric masks, which we are using for non-patient-facing staff (including me!). This week 500 more were dropped off by terrific community supporters. All fabric masks are being hospital-grade laundered and we are supplying them at the entry screening tables. A quick reminder: as you leave for the day, please deposit your cloth mask in one of the provided bins. It will be cleaned and returned to the supply, and you can pick up a fresh mask the next time you enter.



**Many team members are asking: What's behind our supply/PPE conservation policy?**

Our estimates of daily usage of masks range from several hundred to a few thousand masks per day. In addition, we have had quantities of gowns and eye protection drop very low at times. The supply chain team has done an amazing job of keeping PPE coming in the door, but our goal has been to shift over to using the higher level supplies (like face shields and N95 masks) at a much lower rate than that of the other supplies, and ONLY using PPE supplies that are absolutely necessary. The very simple rule is this—we never want to get to a place where we have “run out” of any single piece of PPE. Hence, we conserve and extend use now, restrict supply replenishment through our supply chain team, and ensure that we have all that is needed in the future.

2. Starting April 10, we will implement an enhancement to our screening policy at the medical center. To make it easier to travel between buildings on the CMMC campus, when you have been screened you will receive a stick-on “dot” for your ID badge. Team members with dots on their badges will not need to undergo rescreening when they re-enter. One note, however; please do not dispose of any paper

masks during your work hours, and please report to the screeners if you have developed any symptoms or had any exposure upon re-entry.

3. During times of crisis, it is important to embrace the practices and traditions that point us toward hope. For many of us these include religious observances, so during this time of significant religious observances—Holy Week, Passover and Easter—Spiritual Care is offering resources, including daily prayers, in the Sacred Space. You are invited to stop by for reflection.

#### **REFLECTION - April 9, 2020**

During stressful times, difficult moments may arise at any point in your day. This simple mindful practice can help you ground, regroup and remember what matters most. It's called the **S.T.O.P Practice**:

**S:** The "S" stands simply for stop. Literally, just stop what you're doing for a moment. Pause to collect yourself.

**T:** The "T" stands for take a conscious breath. Now that you've paused, take several deep breaths. Feel the ground beneath your feet and your body relax as you breathe.

**O:** The "O" stands for observe. Observe what's rising up in you, including thoughts, emotions and bodily sensations. Notice everything. Then, as you breathe, consciously release tension and stressful thoughts. As you self-calm, you'll be better able to make best choices.

**P:** The "P" stands for proceed. Continue your day with intentionality, attending to what matters most moment by moment.

*The Spiritual Care Department*

For additional and the most up-to-date information, please access the public website at [www.cmhc.org/team-alerts](http://www.cmhc.org/team-alerts).

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