



COVID-19 DAILY UPDATE



Update on COVID-19 Response - April 17, 2020

MAINE		Total Positive				Total Recovered	
		827				352	
CMH	Total Tests Administered	Total Positive Tests	CMMC	MUC	Bridgton	Rumford	Total Current CMH Hospitalizations
	1085	33	15	4	13	1	1

Current Team Member FAQ's

TODAY'S TOP 5 - April 17, 2020

1. Effective Saturday, April 18, all patients and approved visitors entering any Central Maine Healthcare facility will be required to wear a mask following the below guidelines:

- All patients presenting for outpatient services must wear a cloth mask, unless exhibiting respiratory symptoms. Anyone with respiratory symptoms will be asked to wear an ear loop mask. The masks will be provided at entry and the patient will be allowed to take the cloth mask home with them upon exit
- All inpatients and swing bed patients are required to wear an ear loop mask while in common areas and outside their rooms. While in their rooms, patients can remove their mask, but will be asked to put on their mask as appropriate upon staff entry.
- Current employee masking continues to apply.

2. CMH has not received resupply of Purell hand gel refills for the wall dispensers since early April. We do not anticipate receiving meaningful quantities until June at the earliest. When the wall dispensers run dry, we will need to use the Alcohol Hand Sanitizer in 8 oz bottles that is available from each hospital's Supply Conservation Room. EVS is exploring ways to flag dispensers for you to know what remains.

We are seeking additional methods to replenishing wall dispenser units.

3. We understand that this is a stressful time and team members are faced with concerns regarding health, work, childcare and more. We compiled a list of resources to assist with handling stress during this difficult time – [download resources](#). If there are other resources you need or would like to see us offer, please reply to this email. You can also find additional resources on www.cmhc.org/team-alerts under the Team Member Resources link.

Another way to help with stress management is to get up and get moving. To get CMH motivated, Healthy Decisions will be rolling out a walking challenge that includes prizes of up to \$1,000. Keep an eye out for more details on Monday.

4. The generosity and support of the local community, friends and relatives of team members continues to pour in. Yesterday, musician Chris Robley, brother-in-law to CMH team member Shaad Masood, RN, who works in the CMMC ED, hosted a live stream concert that lasted 8 hours. Through donations collected during the concert, Chris raised over \$4,300 to support the purchase of face shields for Central Maine Healthcare. The company producing the shields, Disc Makers, is also going to match the donation and in total we will receive approximately 3,000 face shields. Thank you to Chris and Disc Makers for their generosity and support!

5. Our younger community members have also found ways to show their support for Central Maine Healthcare and our patients. Students from the Lewiston Elementary Schools took the time to create some beautiful artwork to help decorate the rooms for COVID-19 patients. We truly appreciate the time and effort these students put into making our patients' stay a little more comfortable.



For additional and the most up-to-date information, please access the public website at www.cmhc.org/team-alerts.

REFLECTION - APRIL 17, 2020

When the road ahead is long and uncertain, what **matters most** is the ability to be **resilient**. Consider the carrot, the egg and the coffee bean: three different substances, three different reactions to the challenge of boiling water.

The carrot, hearty and durable, becomes soft, even mushy. The egg, its thin shell vulnerable to breakage, becomes hard inside. But oh, the coffee bean! It actually changes the boiling water, transforms its very adversity into something fragrant, flavorful and with the power to awaken us!

During this time of great challenge, **be the bean!** What can help you maintain resilience?

The Spiritual Care Department

REF32

The contents of this email message and any attachments are the property of Central Maine Healthcare (CMH) and may contain sensitive, proprietary, or privileged information. CMH employees and contractors are expressly forbidden to forward sensitive, proprietary, or privileged information to third parties and/or personal email addresses. Noncompliance may result in disciplinary action up to and including termination or termination of contract.

© 2020 Central Maine Healthcare (REF32). All Rights Reserved. Questions or Feedback? [Email us](#).