



COVID-19 DAILY UPDATE



Update on COVID-19 Response - April 13, 2020

MAINE		Total Positive				Total Recovered	
		698				273	
CMH	Total Tests Administered	Total Positive Tests	CMMC	MUC	Bridgton	Rumford	Total Current CMH Hospitalizations
	994	32	14	4	13	1	4

Current Team Member FAQ's

TODAY'S TOP 5 - April 13, 2020

1. Please see [updated guidelines](#) for conservation of PPE.
2. Many team members are receiving offers of support from the community, including welcome donations of meals and food for our hard-working staff. We are moved by the incredible generosity of our communities. To ensure everybody's health and safety we have created some guidelines for food donations. If you receive such an offer, please consult the [guidelines here](#) and refer donors to our [How You Can Help](#) page, where they can fill out a form that will streamline the giving process and offer peace of mind that their donation has been received.
3. Have a prescription waiting for you at CMMC's retail pharmacy? Skip the line and practice safe social distancing by opting for the new and convenient mail option. Simply call the Pharmacy at 795-7177, provide payment for any charges, and the Pharmacy team will mail your prescription out the same day. Typically, delivery by mail takes between 24 and 72 hours.
4. Here's another option for great, socially distanced service: introducing Virtual Visits at Maine Urgent Care. Starting April 14, MUC providers at both locations (Topsham and Lewiston) will be offering online care for a host of minor illnesses and injuries. Simply go to www.maineurgentcare.com, reserve your visit time, and you'll be walked through the process to connect online with a provider at the time you choose.

5. People have asked: Why have so few COVID-19 tests been performed? Now that tests are more widely available, are we going to loosen guidelines?

Our testing criteria are always under review as we manage through this public health crisis, but like all healthcare systems in Maine, we continue to adhere to guidelines from the federal Centers for Disease Control as well as the state CDC (see below) to utilize testing for those who absolutely need it – hospitalized patients, ill community members from congregate settings, and healthcare workers.

Over the next few weeks, testing capabilities will begin to increase, and test results will be available sooner. However, we will not be altering our testing criteria until we have the capability to test a substantial portion of other individuals for whom testing may be beneficial. Notably, of the nearly 1,000 people tested at one of our sites since March 12 (including CMMC, Rumford and Bridgton Hospitals and Maine Urgent Care) only 32 have tested positive for the coronavirus.

These low numbers are not reason to relax vigilance, however. Epidemiologists caution that the actual numbers may be much higher, and many carriers of the virus may be asymptomatic, so we must continue to practice social distancing and vigorous hand hygiene until the “curve” of the outbreak is flattened.

REFLECTION - APRIL 13, 2020

During difficult times holding on to what matters most means letting go of other things.

“Let Go...”

To “let go” does not mean to stop caring, it means I can’t do it for someone else.

To “let go” is to admit powerlessness, which means the outcome is not in my hands.

To “let go” is not to change or blame another, it’s to make the most of myself.

To “let go” is not to fix but to support.

To “let go” is not to judge, but to allow another to be a human being.

To “let go” is not to be protective, but to permit another to face reality.

To “let go” is not to deny, but to accept.

To “let go” is not adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To “let go” is not to regret the past or fear the future, but to grow and to live fully today.

To “let go” is to fear less, and to love more.

~From Tracy Griswold, Angelspeake

The Spiritual Care Department

For additional and the most up-to-date information, please access the public website at

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