

# Important CMH Information



## COVID-19 Update

A message to all CMH team members from Steven G. Littleton, DBA, FACHE, President, CMMC

Dear Team Members,

**COVID-19 Task Force:** We launched our new task force structure today as a way to leverage organizational content expertise and empower swift decision making and execution. The task force, led by Becky Hall, is now scheduled to meet on Mondays, Wednesdays and Fridays. We will adjust the cadence as needed and add additional COVID Update calls accordingly.

We will stand up the formal Incident Command Structure if needed.

**New Visiting Policies:** With coronavirus cases surging and community transmission on the rise, we are implementing new visiting policies Friday, Nov. 20.

We want our patients to have support from loved ones during their stay. We also need to limit foot traffic and the number of people entering our facilities so we can reduce the possibility of spreading the coronavirus. We believe these policies strike the right balance. [Click here](#) for additional details.

The visiting hours are:

- **Bridgton Hospital:** Monday-Friday: 3-6 p.m. and Saturday-Sunday: 9 a.m.- noon
- **Central Maine Medical Center:** Monday-Sunday: 3-6 p.m.
- **Rumford Hospital:** Monday- Sunday: 3-6 p.m.

Outpatients coming to our facilities for an appointment or procedure may have one companion escorting them and only if the companion is needed to assist or actively participate in the visit.

Inpatients may have one visitor per day. If the visitor leaves the facility, they may not reenter that same day. We will encourage the patient's family and friends to coordinate in advance who will be the visitor for a given

day to avoid any confusion.

Unless the patient is critically ill, in end-of-life care or facing other extraordinary circumstances, COVID-19 patients may not have visitors. In those circumstances, the patient may have one visitor.

Non-COVID-19 patients who are critically ill, in end-of-life care or face other extraordinary circumstances may have two visitors at a given time. For patients who require additional assistance at discharge, we will consider exceptions on a case-by-case basis.

Birthing moms may have one birth partner in the labor and delivery area. The birth partner must remain on the unit until discharge.

**Holiday travel requirements:** If you are planning on traveling beyond Maine, Vermont or New Hampshire (the only states that are exempt from Maine's travel rules) for the holidays, please review the [State of Maine travel policy](#) which has recently been updated, removing several New England states from the exemption from the requirement to require quarantine or a negative COVID test upon return from travel. *(Please note that to return to work without quarantining, CMH will require a negative result from a PCR test, which is more accurate for screening than an antigen test)* These rules do not apply to travel for work for essential workers (as in healthcare) but do apply for everyone for personal travel.

If you travel and intend to take a PCR COVID test upon return to the state, please communicate with your leader in advance and plan your return accordingly. You should be aware that without a negative test to return from any state which is not exempt from the state requirements, *you may not return onsite to CMH until the appropriate amount of quarantine time (14 days) has passed.* If appropriate, you may be able to work remotely during that time with your manager's approval. Communication about your out of state travel return and test results should be provided to Occupational Health (see below for numbers to call) as well as to your manager.

- Occupational Health Lewiston: 795-2830
  - Monday-Friday: 7:30 a.m. – 4 p.m.
- Occupational Health Bridgton: 647-6081
  - Monday-Wednesday: 7:30 a.m. – 4 p.m.
- Occupational Health Rumford: 369-1161
  - Monday-Friday: 7:30 a.m. – 4 p.m.
- After hours for all three sites: 577-6494

As all of us at CMH are healthcare professionals, we have a duty to help protect our community against the

spread of this virus. It is our hope that your diligence at CMH is mirrored in your personal lives. We greatly appreciate your commitment to the health and wellness of all of those around you.

You can find **testing locations** and other COVID-19 information by clicking the red bar at the top of [CMHC.org](https://www.cmhc.org).

Thank you for all you do in these unprecedented times to provide exceptional healthcare in the safest environment to our communities.

Respectfully,



Steven G. Littleton, DBA, FACHE, President, CMMC

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