Incident Command Update – Jan. 7, 2022

To CMH team members from Incident Commander John Alexander, MD, MHCM, FACEP, Chief Medical Officer

TODAY'S CENSUS: CMMC 139; Bridgton Hospital 19; Rumford Hospital 18
EMERGENCY DEPARTMENT HOLDS: CMMC 21; Bridgton Hospital 4; Rumford Hospital 3
COVID-19 PATIENTS: CMMC 37; Bridgton Hospital 5; Rumford Hospital 1
CMMC TRANSFER WAITLIST: 10
HOSPITAL SERVICES CURRENTLY IMPACTED: Inpatient Pediatrics; Special Care Nursery; Neurosurgery night coverage through Jan. 9; Weekend Stress Echo; CMHO lab services available only Tuesdays-Thursdays; CT Invasive Services

TODAY'S UPDATE

FLU SHOTS AT CMMC RETAIL PHARMACY

The flu is circulating in Maine and it is a particularly virulent strain. The good news is that this season's vaccine looks to be highly effective – and you have a convenient option in the CMMC retail pharmacy.
Team members can get their flu shots Monday-Friday between 11 a.m.-3 p.m.. No appointment is needed and the entire process takes about 15 minutes

NEW COVID-19 RETURN TO WORK POLICIES IN EFFECT MONDAY

Starting **Monday, Jan. 10**, Central Maine Healthcare will be following new policies on team member COVID-19 exposures and the requirements under which team members can return to work following positive test results. The policies will apply to team members who report symptoms or exposures on Jan. 10 and later.

The new CMH policies reflect the **latest U.S. Centers for Disease Control and Prevention guidance for healthcare workers**. Please be aware that they are different from the guidance for isolation and quarantine for general community members.

Full details are in these attached policy documents: **Determination of Quarantine & Work Restrictions** and **Mitigation Strategies for Exposed or COVID-19 Positive Healthcare Personnel During Staffing Shortages**.

There are three levels of strategy: *Conventional, Contingency and Crisis*. You can see the current state and a summary of the corresponding strategy in the new Return To Work tab in the Incident Command section of the team member portal. Incident Command will determine when a change in strategy level takes place.

Our current state calls for the Contingency Strategy:

If POSITIVE FOR COVID-19, team members may return to work if they meet all of the following:

- Not severely immunocompromised, AND
- Asymptomatic or mildly symptomatic ONLY, AND
- Five days have passed since the onset of symptoms or a positive test, AND
- Have been fever free for 24 hours without fever-reducing medication, AND
- Symptoms have improved, AND
- Have a negative antigen test result.

In cases of HIGH-RISK EXPOSURE, team members may return to work under the following conditions without work restrictions if they are:

- Fully vaccinated and boosted OR

- Not both fully vaccinated and boosted, AND
- Test negative at Day 5-7 after exposure, AND
- Screen daily for symptoms, AND
- Wear a respirator/facemask at all times, AND
- Will be removed from work with ANY symptoms and will be tested.

High-risk exposure under the Contingency Strategy is defined as:

- Team member is not wearing a respirator with an unmasked COVID-positive person, OR
- Team member is not wearing eye protection with an unmasked COVID-positive person, OR
- Team member not wearing PPE (gowns, gloves, respirator and eye protection) during and aerosol-generating procedure.

Team members must wear eye protection in all patient care areas. All patients must be provided a mask when any team member is in their presence.

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