Update on COVID-19 Response - March 24, 2020

<table>
<thead>
<tr>
<th>TESTS ADMINISTERED AT CMH</th>
<th>CONFIRMED CASES</th>
</tr>
</thead>
<tbody>
<tr>
<td>459</td>
<td>CMH: 12</td>
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<tr>
<td></td>
<td>Maine: 118</td>
</tr>
</tbody>
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Current Team Member FAQ's

TODAY'S TOP 5 - March 24, 2020

1. In an effort to steward our resources well, guidance for use and conservation of PPE has been developed. Please take the time to read and understand these guidelines. If you have any questions, please ask your supervisor.

2. To clarify the team member health-screening information yesterday, please see the updated screening criteria below.

   - **Criteria**
     - Temperature > 100.4°F or 38.0°C
     - Any respiratory symptoms (runny nose, sore throat, cough, difficulty breathing, chest pain)
     - Any exposure to a person being tested for or with known COVID-19 while not wearing personal protective equipment

| IF TWO OR MORE OF THE CRITERIA ARE MET, TEAM MEMBER SENT TO ED | If the team member meets two or more of the above criteria, they MUST immediately put on a mask and go directly to the ED for COVID-19 testing. |
| IF NONE OF THE CRITERIA MET, PROCEED TO WORK | If the team member has none of the above criteria, they can go directly to their department for work. |
| IF FEVER IS PRESENT, TEAM MEMBER SENT HOME | If the team member only has a fever but answers no to the questions, they MUST go home. Their name will be reported to Occupational Health and their Supervisor. |
3. For those team members in the Lewiston/Auburn area who are in need of childcare assistance, a group of University of New England students have formed Maine COVID Sitters, a childcare assistance group. With college classes canceled, the students are able to offer support with childcare needs. If you would like to contact the group to learn more, please complete this form: https://forms.gle/ewKhz16dpjK5Bg947.

4. The availability of timely and accessible testing continues to be a major concern, and we have received numerous questions from both patients and employees about criteria.

- **Testing should be performed when:**
  - **At least two of the following** symptoms are present
    - Fever
    - Cough
    - Shortness of Breath
    - Sore Throat
    - Muscle Aches
  - They are a recent onset, not related to a chronic condition
  - They are not attributable to another process

- **AND THE PERSON:**
  - Is currently, or will be admitted as an inpatient
  - Is High Risk
    - Age >= 60
    - Severe chronic lung disease
    - Severe Heart disease
    - First Responder
    - Immunocompromised state or on immunocompromising medications
    - Living of frequenting a congregate setting (LTC, group homes, jails, shelters, dialysis center, infusion center)
  - To be in alignment with our current employee screening criteria, Health Care Workers requiring testing, based on screening positive for at least 2 of the following conditions:
    - Temperature >100.4°F or 38°C
    - Any respiratory symptom (coryza, sore throat, cough, SOB, CP)
Any exposure to a person being tested for, suspected of or diagnosed with known COVID-19, while not wearing PPE

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

Weekly Reflections – What Matters Most

During this season of uncertainty, many of our team members are understandably experiencing elevated levels of stress. Our chaplains are available to any team member in need of emotional or spiritual support. Our chaplains will also be offering biweekly reflections on Remembering What Matters Most.

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A poem by Laura Kelly Fanucci to help us remember what matters most:

When this is over, may we never again take for granted:
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends, may we find:
That we have become more like the people we wanted to be,
Were called to be,
We hoped to be;
And may we stay that way –
Better for each other because of the worst.

The Spiritual Care Department