Update on COVID-19 Response - March 30, 2020

<table>
<thead>
<tr>
<th>TESTS ADMINISTERED AT CMH</th>
<th>CONFIRMED CASES</th>
</tr>
</thead>
<tbody>
<tr>
<td>617</td>
<td>CMH: 20</td>
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<tr>
<td></td>
<td>Maine: 275</td>
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Current Team Member FAQ's

TODAY'S TOP 4 - March 30, 2020

1. As of 7:00 a.m. Wednesday, April 1st, all Central Maine Healthcare employees in our acute-care hospitals will be required to wear masks in all areas of the hospitals. This will reduce the risk of transmission and will further reduce the risk of community spread of COVID-19. We are refining our procedures to ensure instructions are clear for all team members, and we will issue the entire protocol tomorrow.

2. For everyone’s health and safety, please follow the existin protocols around use and re-use of all protective equipment. For example, PAPRs (Powered Air-Purifying Respirators) must be signed out and returned after use to be cleaned and re-stored.

3. There have been some changes to what supplies are stored in the CMMC Supply Conservation Room along with changes to where PAPRs are stored. Please view this document for more information on this new protocol. In general, we are taking steps to ensure that you and your team members have exactly what you need when you need it.

4. These are difficult times for every team member and it’s important to do everything we can to prioritize self-care. One way to do that is to diffuse our own stress in difficult times like this. See the checklist below for quick stress-reducers for the end of your shift. Download checklist.

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

In the midst of these times that try us in many ways, a prayer to remind us of what matters most.

When All is Quiet and We are Small and the Night is Dark
adapted from Jane Ranney Rzepka

When all is quiet and we are small and the night is dark,
may we hear the tender breathing of all who lie awake with us in fear,
that together we may [find] strength to live with love, and kindness, and confidence.

The Spiritual Care Department