Update on COVID-19 Response - April 3, 2020

<table>
<thead>
<tr>
<th>MAINE</th>
<th>Total Positive</th>
<th>Total Recovered</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>432</td>
<td>113</td>
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<table>
<thead>
<tr>
<th>CMH</th>
<th>Total Tests Administered</th>
<th>Total Positive Tests</th>
<th>CMMC</th>
<th>MUC</th>
<th>Bridgton</th>
<th>Rumford</th>
<th>Total Current CMH Hospitalizations</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMH</td>
<td>769</td>
<td>25</td>
<td>9</td>
<td>4</td>
<td>11</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
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Current Team Member FAQ's

Please keep in mind that information regarding COVID-19 and our response is continually changing, sometimes day-to-day. To stay up-to-date on policies and procedures, be sure to read the daily updates that come out Monday through Saturday so that you are aware of current information.

TODAY'S TOP 5 - April 3, 2020

1. Starting Monday, we will expand Universal Masking to include CMMG practices. The guidelines will be similar to the acute care hospitals:

   - All clinical patient-facing team members, working within 6 feet of a patient for a prolonged period of time should be provided one procedure mask at the beginning of their shift.
   - Non-clinical staff, or those not involved in direct patient care, are recommended to wear homemade cloth masks or non-medical masks.
   - When masks are removed due to eating, drinking or team member going outside of the facility, masks should be placed into a labeled paper bag, and the top loosely folded over, placed in a safe place, or hung.
   - Masks should be discarded if soiled, damaged, hard to breathe through or exposed to fluids or direct contamination.
   - At this point in time, disposable masks can be discarded at the end of the day and cloth masks can be brought home and laundered. This may change as supplies become limited.

Please follow proper masking technique
Be sure to perform hand hygiene BEFORE and AFTER putting on your mask.
Make sure the mask covers both your nose and mouth and do not allow to dangle.
Avoid touching your mask and your face.
Maintain vigorous hand hygiene throughout your day/shift.
Follow instructions for proper extended use and reuse of masks.

2. Starting Monday night, 12 High St. will be closed off to team members who are looking to access the hospital, and 60 High St will have 24/7 badge access and screening available. All team members who need to access the hospital facility, including anyone in the 12 High St Medical Office Building, will need to go outside and enter through 60 High St. Additional details will be shared on Monday.

3. Questions about 401(k) and 403(b) can be answered directly through our Fidelity agents. If you want to cease your contributions or adjust your contributions during this strenuous time, please visit the [http://cmmfhealthycaredecisions.com](http://cmmfhealthycaredecisions.com) page for more information and reach out directly to the Fidelity account managers at:

403(b) Plan
Contact Fidelity at 1-800-343-0860 and refer to Plan #94084

401(k) Plan
Contact Fidelity at 1-800-343-0860 and refer to Plan #94083

457 Plan
Contact Fidelity at 1-800-343-0860 and refer to Plan #94085

4. Do not forget to take advantage of our EAP Program if you are feeling overwhelmed or stressed. EAP Services are available through The Hartford and under the CMH Group #677017. They can be reached at 1-800-96-HELPS.

5. During times of crisis it is important to embrace the practices and traditions that point us towards hope. For many of us these include religious observances.

In the coming weeks, there are three significant religious observances: Holy Week, Easter, and Passover. Holy Week, celebrated by Christians throughout the world, begins on Sunday, April 5, with Palm Sunday and ends the day before Easter Sunday, April 12. The day of Easter begins the Christian Church season of Eastertide. Passover, one of the most important festivals in the Jewish calendar, begins the evening of April 8 and ends the evening of April 16.

The Spiritual Care Department invites you to stop by our lovely Sacred Space for moments of respite and reflection. We will have daily prayers during this rich time of religious observances as our gifts to
REFLECTIONS

My grandmother used to say that God gave us two ears and one mouth for a reason – to listen twice as much as we talk! To be truly heard is what matters most when we feel overwhelmed.

“The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention... A loving silence often has far more power to hear and to connect than the most well-intentioned words”  

Rachel Naomi Remen

To whom can you offer the gift of attentive listening today?

The Spiritual Care Department