

March 17, 2020

To the Community of Vinalhaven,

The situation with Covid-19 is rapidly changing. ICMS is working with local emergency services and reviewing guidance from the Maine CDC and federal guidelines.

Some things to note:

**The most important thing to do is to wash your hands frequently with soap and water for at least 20 seconds and stay home if you are sick. Try not to touch your face.**

1. Per CDC guidelines as of March 15<sup>th</sup> this week, the Medical Center is cancelling all behavioral health, physical therapy and dental visits in person. You will be hearing from our staff. We are working on setting up telehealth for behavioral health visits and will put out more information as it is available.

2. If you are sick, please call the office at 207-863-4341 and you will be triaged by the nurse or medical provider. Please do not use social media or text the providers.

3. Patients are being screened by the nurse or medical provider when they call for testing for the coronavirus. If you are going to be tested, it will likely be in your vehicle outside. We are working to reduce exposure.

4. If you are tested for coronavirus, you will be asked to self quarantine for at least 14 days. That means staying home and not interacting with others outside from your household. You can go for a ride or a walk with members of your household but please do not interact with

others. This will limit the spread of the virus to others and help keep our community safe. No trips to the grocery store, Fisherman's Friend, or anywhere else.

5. For those patients who need INR or injections, we are scheduling those visits for 9:00 to 10:00 am on Wednesday mornings. To limit exposure, we will ask you to call before you arrive and the staff will come out to the car.

6. If you need groceries or other supplies, ICMS is paying the delivery fee. Please call Vinalhaven Taxi at 207-720-0056 to schedule a delivery. You must prepay for your supplies.

7. If you would like someone to call you to check on you, please let us know.

If you have any questions or concerns, you can reach Dinah Moyer at 207-837-4038 or Sarah McDonald, RN, at 207-863-4341, extension 1118.

Thank you for your cooperation and understanding.



Dinah B. Moyer  
Executive Director



Jen Desmond, FNP  
Clinical Director