



Welcome Back!

JUNE 2022

COVID-19 UPDATE TO THE COMMUNITY

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If you have an emergency, DIAL 911.

The Chebeague Island Emergency Medical Service (EMS) and Fire & Rescue are equipped and ready for all 911 calls. Do not hesitate in an emergency to call 911.

ON ISLAND COVID-19 SUPPORT

Welcome to Summer of '22. Chebeague Islanders have held strong together during the pandemic. We have achieved a 99% vaccination rate, held 5 island-wide vaccination and booster clinics, provided on-island COVID-19 tests to hundreds of islanders and minimized cases and loss of life. The good news is that recently in [Maine](#), we have begun to experience a sharp decrease in COVID-19 hospitalizations and cases. Mask mandates in schools – and most settings – have been lifted. The CDC and independent scientific research continue to produce data on the effectiveness of wearing masks to combat all of the variants of the virus. In general, it is considered a prudent safety measure to use a mask when you are in crowds or unsure of the community transmission rates. On Chebeague, masks are available in many locations, so just ask if you need one when you are out and about.

TESTING ON THE ISLAND

The **Chebeague Covid Testing Team (CCTT)** continues to offer volunteer COVID-19 support from island healthcare professionals. If you think you have been exposed, are feeling symptoms or need a test on island, text or call **Nancy Hill, RN (207) 712-3184**, or **Jenny Hackel, NP at (734) 660-3461**. As of this posting date, supplies of both rapid tests and PCR tests are available. As

always, consult your primary care provider (PCP) as a first step in conjunction with the CCTT. If you test positive, the [CDC recommends](#) isolation for five days followed by five days of mask-wearing.

Quarantine Support is available from the [Food Pantry](#), a program based out of the Chebeague Island Community Church. If you, or someone you love, is isolated from COVID-19, the Food Pantry is well stocked with healthy food baskets for those in quarantine. The baskets are free, and can be delivered (if arranged ahead of time.) Email chebundance@gmail.com, or contact Polly Wentworth.

FREE AT-HOME TESTS

To order FREE rapid COVID-19 tests from the national CDC, go to this [link](#). Note to Summer residents: if you have ordered free tests already from your permanent residence, you may be eligible from Project ACT (Access Covid Tests) [to order](#) from your island address.

OFF-ISLAND COVID RESOURCES

TEST & TREAT CENTERS

If you develop COVID-19 symptoms and have underlying health problems such as a weakened immune system, the CDC has developed a one-stop test and treat program. To participate, if you are concerned you are ill with COVID-19 or think you have been exposed, you may go to a participating pharmacy and get tested and treated in one visit. Two of the most convenient locations in proximity to Chebeague (and with the most hours) are [Hannaford's in Yarmouth](#), and [ConvenientMD in Portland](#). If your test is positive for COVID-19, contact your PCP to obtain permission for the pharmacist to provide an antiviral treatment to those eligible (over 50 years old and/or those with underlying health conditions). The current approved and effective oral antiviral treatment for COVID-19 is called [Paxlovid](#).

CDC COVID-19 RESOURCES

If you test positive for COVID-19 the current **quarantine recommendations** are [here](#). You can find Maine's latest information on [Maine CDC Covid](#) and by following the briefings of Maine CDC Director, [Dr. Nirav Shah](#).

Here is to a safe and memorable Summer on Chebeague.

Be Safe. Be Kind.

From the Chebeague Covid Testing Team & Community Action Response Team.