



## The Eastport Health Care Newsletter

*Providing  
Comprehensive  
Care in  
Washington County*

### COVID-19 (CORONAVIRUS)

#### Q: **What is Covid-19?**

A: COVID-19 is a novel (new) coronavirus which was first detected in December 2019 in Wuhan City, Hubei Province, China and has now been detected in other countries, including the United States.

For some, the **respiratory virus** causes mild symptoms like the common cold or influenza (flu), for others it can cause severe pneumonia that requires medical care or hospitalization.

The virus is named "SARS-CoV-2" and the disease it causes is named "coronavirus disease 2019" (abbreviated "COVID-19")

#### Q: **What are the Symptoms?**

- Fever
  - Cough
  - Difficulty breathing
  - Sore throat (in some patients)
- Symptoms may appear 2-14 days after exposure.*

Most patients experience mild symptoms and can recuperate at home, but others, particularly those with underlying medical conditions, may experience more severe respiratory illness.

#### Q: **What Do I Do If I Think I Have Covid-19?**

A: Call your health care provider and let them know you **MIGHT** have symptoms. For the safety of others, **PLEASE DO NOT go to see your health care provider without calling first!**

**All meetings and programs at Eastport Health Care have been postponed. Please call for updates: 853-6001.**

**Fresh produce and senior Commodity boxes will be available on April 6 at the Eastport food pantry 1030-12p**



**Follow us on  
Facebook!**

## FOCUS ON: **VIRUS PROTECTION**

# *How Do I Protect Myself?*

**Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

### Know How it Spreads



**There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.**

The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### TAKE STEPS TO PROTECT YOURSELF



#### Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- **If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



#### Avoid Close Contact

- **Avoid close contact** with people who are sick
- **Put distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for **people who are at higher risk of getting very sick.**
- **Avoid groups of 10 or more people**

# COVID-19, CONTINUED...

## TAKE STEPS TO PROTECT OTHERS



### STAY HOME IF YOU'RE SICK

**Stay home** if you are sick, except to get medical care.



### COVER COUGHS AND SNEEZES

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

- **Throw used tissues** in the trash.

**Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### WEAR A FACEMASK IF YOU ARE SICK



**If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

**If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

## USE RELIABLE SOURCES OF INFORMATION

### Maine Center for Disease Control:

[www.maine.gov/dhhs/mecdc/](http://www.maine.gov/dhhs/mecdc/)

### US Centers for Disease Control:

[cdc.gov](http://cdc.gov)

### Eastport Health Care:

[eastporthealth.org](http://eastporthealth.org)

### Disinfecting Guidelines:

*Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.*

### Diluting your household bleach.

To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water, OR 4 teaspoons bleach per quart of water

*Follow manufacturer's instructions for application and proper ventilation.*

*Check to ensure the product is not past its expiration date.*

**Never mix household bleach with ammonia or any other cleanser.**

## Take-Aways:

**Wash your hands** or use hand sanitizer with at least 60% alcohol.

**CALL FIRST!** If you think you might have Covid-19, **let your health care provider know BEFORE you arrive.**

**Avoid People Who Are Sick.** Keep gatherings to 10 people or less. **Stay home if YOU are sick.**



### Eastport Health Care, Inc.

Eastport: 853.6001

Machias: 255.8290

Calais: 454.3022

To sign up for the latest health care news, email: [eabbott@eastporthealth.org](mailto:eabbott@eastporthealth.org)



Find us on:  
**facebook**

# COVID-19, CONTINUED...



## CLEAN AND DISINFECT

### **Clean AND disinfect frequently touched surfaces daily.**

This includes tables, doorknobs, light switches, counter-tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

**If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection. Please see page 3 for disinfection guidance.

## FROM ELLEN KRAJEWSKI, CEO

**Eastport Health Care is Prepared for Covid-19!**

**Our top priorities are** patient, employee, and community safety and risk mitigation.

**EHC has an inventory of necessary supplies and a plan for implementation.**

**We always follow CDC guidelines** in response to Covid-19, including patient care.

EHC has implemented infection control practices to **keep YOU and our employees SAFE.**

We continue to **collaborate with municipal, tribal, county, and state leadership** to provide necessary services.

Eastport Health Care is devoted to **sharing vital information about Covid-19** with patients, communities, and our staff through the EHC newsletter, our website, Facebook, as well as during patient visits.

**Have a question for your provider?** Please use our patient portal!

