

Maine Island Coalition Covid19 Meeting
5/1/20 10:00-11:30
Island Health Care and Ways to Enforce Safety Recommendations

Cranberry Isles

Ingrid Gaither

Swan's Island

Donna Wiegler

Sonny Sprague

Frenchboro

Rachel Bishop

Isle au Haut

Kendra Chubbuck

Molly Siegle

Peggi Stevens

Matinicus

Eva Murray

Monhegan

Mott Feibusch, *Board of Assessors*

Jes Stevens, *EMA Director*

Chebeague

Donna Damon

Beverly Johnson

David Hill, *Board of Selectmen*

Marjorie Stratton, *Town*

Administrator

Erika Gabrielsen Neumann, *Covid*

Communication Team

Leila Bisharat

Long Island

Mark Greene

Cliff Island

Roger Berle

Island Institute

Craig Olsen

Andy Theriault

Meghan Grabill

Kate Tagai

Suzanne MacDonald

Special Guests

Alfred May, *Maine CDC Downeast Public Health District Liaison*

Drexell White, *Maine CDC, Midcoast District Public Health Liaison*

Kristine Jenkins, *Cumberland District Public Health Liaison with Maine CDC*

Genevieve McDonald

Douglas Cornman, *Maine Seacoast Mission*

Sharon Daley, *Maine Seacoast Mission*

Pam Trinward, *Congresswoman Pingree's Office*

Donna Colbeth

Andrew Bucher, *Greater Portland Council of Government*

Bob Anderson, *Beaver Island, MI*

Welcome – 10 mins

Updates – 20 min

Federal – Congressional offices

Pingree's Office- The offices of the entire Maine Federal Delegation coordinate very closely and will pass along messages. Any constituent who has any issues with getting stimulus checks or any other issues, please reach out. The staff is working from home, but they are working. FEMA declared COVID19 a full economic disaster and is creating a task force. If there are any resources or issues particular to the island communities, please reach out so they can make sure those are considered.

Any questions about stimulus checks either call our PORTLAND office 207-774-5019 and ask for Ann or email Pam directly: Pam.trinward@mail.house.gov and she will get your information to Ann

State – Legislators

Genevieve McDonald- The new Stay Safer at Home order hasn't changed much from the current order. The largest change is that face masks are now required in public. There is also a four-phase reopening plan including public health guidelines. The restrictions and dates are fluid and tentative and can be changed depending on the situation on the ground. There is a lot of concern about small businesses because we are such a tourism driven economy. The plan depends on the actions and status of our neighboring states. It is a prepare for the worst and hope for the best plan.

Questions:

Are workers in a business where they work in close contact required to wear masks?

Working on getting clarity. There is no fine for not wearing a mask.

Regarding stimulus check-an islander owes the IRS so will he still qualify for the check?

Owing back taxes should not impact ability to receive a check, the only thing that does impact the distribution is owing back child support.

Looking for guidance on Town Meeting limitation to 50 persons, if we could spread out across large parking lot?!

There are now rules in place to allow them to happen virtually, so having them happen in person could be a challenge and require a specific exemption.

Partner Organization Updates

Seacoast Mission:

Please flag any food security issues and be in touch with Sharon about telemedicine questions/needs.

Island Institute:

Craig Olsen – Trying to help island organizations get answers to their questions. We may not have the answer, but we know who will so reach out to us. We have money in our professional development grant program to help train business owners. People can now use that money to help with social media marketing or setting up a website. If you know of designers and social media marketing folks who work on islands, please let us know so we can direct work back to them.

Meghan Grabill- If you need data to help tell your story, reach out to Meghan.

Follow up on lodging – If you are running into issues or concerns based on the guidance to email the office of tourism to receive a waiver if you are off island and need lodging, please let us know.

Lodging Post- <http://www.islandinstitute.org/blog-post/essential-need-how-islanders-find-lodging-during-pandemic>

Ferries – Ferry Service Providers were convened in a meeting on April 30, 2020 and we will be continuing to work with them as the situation evolves.

Topic of the Day – 55 min

What does compliance for CDC health and safety guidelines look like for the island communities?

Getting grounded in the island experience

- Donna Wiegler, Swan's Island (3 min)

I am adamant about people wearing masks. I think people have to be role models. I put up a sign on the most traveled road on the way to the dump asking people to wear a mask with the message that you are helping the whole community. There are excellent examples of compliance, but there are people who will not comply. Last week the store owner finally put up a sign requiring people to wear masks and pants in the store, it didn't say anything about shirts or shoes. The people who aren't wearing masks don't seem to understand that they are wearing masks for everyone else, not for themselves. There are several ladies making masks on island. There are increased calls from those who have quarantine fatigue and are looking to come to Swan's Island. There is no one source for information, they get informed by whoever they call: the town, the caretaker, the neighbors. There is no way to change that, but we have to be prepared. Some islands look at Swan's and probably wish they had what we have for medical services, I look at Vinalhaven and wish we could have what they have. There is such a range of what islands can provide.

- Jes Stevens/Mott Feibusch, Monhegan (3 min)

Monhegan has a Volunteer Fire department, 2 EMT trainees and 2 paramedics, and the Friends of Monhegan Fire Department. Any emergency transport is done on the private ferry or lobster boats. In past years there was a program called Doc on the Rock. They hear visitors often say that if they had housing they would love to come and spend a month or two on the island providing medical services, but so far they haven't been able to make that happen. The Emergency Medical Services are shorthanded, and that is the biggest problem for the services we can provide. There isn't time to digest any of the information we are getting.

The Doc on the Rock program happened many years ago and was people who were vacationing on Monhegan who had professional certifications who would volunteer their time if there was a 911 call or accident. No one is currently clear what the insurance situation was at the time that would allow for that, but likely it was different than the situation that exists today. If we could have people who are on vacation help support us or have a couple people who are EMT level or higher move to the island or be able to help provide more hands. Right now, we are not well suited to seasonal visitors in a covid19 environment. There are side issues of ordering supplies, availability, and being at the end of the supply chain and the length of time it takes to get to the island. They are all trying to support the boat service, as a private ferry, they can't access the supplies and so are reliant on Jes and the EMT services to help get them the supplies they need to keep people safe.

We would like to get more people trained to basic first aid level, but is there a way to get people certified online?

How do we train people because we can't get together and that is such a critical piece of the training?

Monhegan has received basic PPE and are grateful for it. We still need a NO TOUCH hand sanitation solution for the ferries/wharfs so Jes asked UMaine Innovation Team for help since the market doesn't have the supplies. Friends of Monhegan VFD has only 1 medical supply McKesson account + an Amazon business account. There are order restrictions if a product has never been ordered before by Friends of MVFD so can't get some items even though we only want a small quantity.

Does anyone have Ideas? Are there other medical suppliers that might have more user-friendly online website(s)?

Center for Disease Control on guidance and compliance

- AI May (5 min)

Getting PPE supplies to health groups has been a problem. At first there were tiered sections to prioritize getting supplies starting with hospitals and EMT's that had an established respiratory program. There were a lot of other barriers including the local EMS background with the state EMS and if they had filled out the questionnaire and inventory. If the EMS didn't have a history of doing respiratory transport, then they got deprioritized. The system has now changed to go through county Emergency Management Services.

To address getting volunteer help or extra hands, there is an entity called Maine Responds, which is typically done activated in emergencies, but islands being so remote, perhaps an exception could be made that would allow residents and long term visitors to register through Maine Responds then they could get certified and get a background check and be able to respond. <https://www.maineresponds.org>

UMaine Nursing, UNE, Husson, all have programs and want their students to be out in the field doing things. It would be a good idea to reach out to the universities to try and get their students out for a practicum in the summer. The schools could be a great asset for the islands. Another option is to more closely connect islands to mainland hospitals. MDI hospital is very good about doing outreach to the islands. Make connections with the local hospital to establish those connections. Some of them have services that you may not know about but could help provide more services. The County EMA directors are also a wealth of information and resources for you.

The Stay-at-Home order is the order that applies to Maine residents, and folks that have completed the 14-day quarantine. The 14-day quarantine applies only for people coming from out-of-state. Dr. Shah was speaking both to quarantine, and to the Stay-at-Home Order in his latest press briefing. The quarantine envisions that the person from out-of-state brings with them what they will need to quarantine for 14 days. The stay-at-home order provides for going to the grocery store, and other essential functions.

The language in the orders and on any public facing communication is very important to decrease any stigma. For example, on the Cranberries the local health officer posted information widely and in everyone's mailbox. The CDC one pagers are good to put in people's mail boxes as they return. A creative, warm approach is the best approach. Making the messaging personal is also key to getting people to follow.

Once a person has completed the 14-day quarantine, they are still subject to the stay at home order. Things will change as businesses start opening.

The local health officer is another good resource. The Maine CDC website has a list of Local Health Officers.

<https://www.maine.gov/dhhs/mecdc/public-health-systems/lho/lho-contact.shtml>

As to creating stricter regulations - generally municipalities may create ordinances that are more restrictive than Federal or State law, provided that the ordinance doesn't conflict with State or Federal statutes/rules. If a municipal ordinance is less restrictive than Federal and State requirements, then Federal/State law takes precedence.

- **Seacoast Mission perspectives on telemedicine (5 min)**

Sharon: Most providers are now offering telemedicine. Of course, not all conditions can be treated online, but an assessment can be made and a decision to treat in person made. Patients should call the provider to see if telemedicine is available. No one knows what will change when this is over, will regulations continue to allow for this, and will insurance continue to cover? Better broadband makes this possible on islands and sites like Zoom are HIPPA compliant. If you don't have a provider, reach out to Sharon and she can help connect you. There are technologies you can attach to a computer to allow for providers to hear heartbeat, etc. to get better diagnostics virtually. Through the years they have talked with Monhegan about doing telemedicine with Hope Health. The roadblock was to find a place, but now telemedicine is happening wherever there is good bandwidth, so it should be more available.

Douglas: Quite a bit of mental health counseling is happening over technology and it isn't just limited to talk therapy. The American Association of Physiotherapy- dance therapy, art therapy, and others are figuring out how to use platforms to continue to work with their clients. If you work with an alternative form of mental health counseling, talk with the counselor to see if they can continue or initiate the therapy.

Donna: I am seeing more patients via telemedicine from the clinic than ever before. If they come to the clinic for telemed, they get vitals, and heart and lung sounds can be transmitted.

Island-by-island related reactions and questions (38 min)

Long Island- Continuing to send out weekly updates following guidance from the state. The town did a full mailing to make sure people received it. They are creating a registry of rental owners in order to provide specific, targeted information to them. Wellness center is staffed by-weekly under normal circumstances, but it has been suspended. Writing grants to fast track

telehealth. EMS teams work in pairs and shifts, it is about stabilizing and transport. The EMS upgraded protocols to minimize personnel, which got tested last week.

Cliff- Broadband is in place and the wellness room is nearly finished that can be a space for telemedicine or visiting doctors to use as a space. EMT's cannot enter a home in an emergency until the Portland fireboat arrives. Two families came out to the island for a few hours to a few days, they followed guidelines and wore masks.

Chebeague- The town established a community response team that has a communications subteam. Their goal is to create accurate information that is easily understood and posted on multiple platforms. There is a health center located in the community building, but that is closed so unsure about what people are doing. Chebeague gives out free fabric masks at the Post Office, Food Pantry and the Store.

If people live in Maine do they have to quarantine for 14 days when they come to an island?

Yesterday Dr. Shah said that out of staters who were under quarantine could go grocery shopping? Can island communities create regulations that are stricter than the Governors? This is for the CDC.

CDC: There is no differentiation between island and mainland as far as Stay-at-Home orders are concerned. If a Maine resident comes to their island home, then the stay-at-home order is the same as if they were at their mainland home.

There is not a separate quarantine guidance for island communities. Towns can make their own rules - as long as they are consistent with the overall state guidance. I urge you to be in touch with your District Liaison to help you with specific aspects of rules that relate to public health.

How can we enforce this? We don't want people to become vigilantes, but we do need to be clear about what is and isn't acceptable.

Has anyone created a rule about asking people from Maine who come to an island to quarantine?

Matinicus as a "plantation" form of gov't cannot create local ordinances without a very slow and onerous legislative procedure anyway, so any "rules" remain informal. Here, I guess, the answer is "no" because even if we had a town rule it would be unenforceable

Alfred: Quarantine was originally issued due to exposure from travelling. So, it was automatically considered someone from out of state coming to Maine should be isolated for 14 days. But what about a Portland resident who has

property on Swans Island? Ideally this person is coming from a high exposure and case area and should follow the quarantine order. Because islands are a 'protected' population, people going back and forth to the island should consider isolation from others. Workers coming to the island should only go to the place where they are working and limit other contacts. That may mean that they bring their food/lunch with them instead of going to local stores or food establishments. People coming in by boat to the islands should be educated that they need to be isolated but if they need supplies like food, could the island services deliver a box of food or supplies to their home to minimize contact?

Kristine: The Governor's Executive Order on quarantining for out-of-state visitors is very clear and does not address Mainers going to and from islands.

<https://www.maine.gov/governor/mills/news/governor-mills-issues-executive-order-mandating-quarantine-restrictions-travelers-arriving>

Monhegan- We have a lot of questions about in-state travel to islands. We are creating a cooperative e-commerce solution for artists and businesses to be able to help each other. We don't have a chamber of commerce, so it is a good start.

Matinicus- We have been getting a lot of help and support from Knox County EMA and Seacoast Mission and are starting to be more organized. There isn't a tourism centric economy, but we do have a lobster centric economy which creates a different set of issues. The sternmen come and go frequently which creates more back and forth from the mainland and increases the risk. There is a certain amount of PPE that they have been trying to share with pilots and other workmen.

Islesboro- There is a meal program being run out of the community center. The eldercare home is functioning well because the staff has stepped forward to help keep the residents healthy and happy. There is an uptick in calls about public safety concerns. The Public Service Officer is being careful about calling in to the county level to track the concerns.

Isle au Haut- We talk to the boat company once a week, working very closely with them. We have people mostly following directions. Mailed a letter to every seasonal person who has a house to discourage short-term rentals which would make quarantining difficult. We have also been working with the park for when they open to ask that they drop visitors directly at Duck Harbor to limit the number of people walking through town. The boat runs with only one captain and six passengers and they are adamant that they will keep that schedule all summer. The boat captain's safety is paramount to the island. Distancing is key and needs to be shown by example.

Swan's- There is concern that there are only 2 EMT's and so if they come in contact with a covid19 patient then they will have to stand down for 14 days and we lose our emergency service. The EMT's and Health Care Center are coordinating and sharing supplies really well.

How do we enforce safety without turning people into snitches?

Cranberries- We are following the CDC guidelines. The selectmen met frequently when this first started and now have started to meet as needed. There are a lot of people making masks, not as many wearing them. There is a lot of fear about summer people arriving. The people who have arrived split the year into six-month sections and they seem to be respectful and quarantining appropriately.

Monhegan wants to provide disposable face masks for the ferry for those that arrive at wharf/ferry without them. Should we expect an issue in having a supply of disposable masks?

Chebeague boat (CTC) has made them mandatory, they have a supply and request a \$5 donation per mask with proceeds to be donated to a local nonprofit.

Maine State Ferry Service mandated masks in their terminals and on the ferry starting today.

Cranberry Isles is served by a private ferry and there is no requirement from them to wear masks. As a matter of fact, they switched to their spring schedule today which is 4 trips per day, very generous compared to the one trip per day for the last few weeks. Our private ferry also just announced today that they will allow off island workers on the boat, which they were restricting before, forcing many contractors to come out by their own boat

Casco Bay Lines continues the minimal schedule with just 3 runs every 6 or so hours with one boat serving all 6 islands. That boat is getting busier particularly with the Peaks Island stop. Crowding will become an issue soon, but more boats will encourage more travelers, I suspect.

Chebeague Transportation is on a reduced schedule and at the present is not running a bus to the remote Rt 1 lot. They are not taking bikes and are limiting to 20 passengers. Not sure if this will change anytime soon

Please see this link for guidance on masks and ferries:

<https://www.maine.gov/mdot/ferry/>

If the six-foot physical distancing can't be maintained, then a person needs to wear a face covering. It would apply on a ferry as it would any other public space.

Drexel: The Maine Department of Economic Development (DECD) is a resource for businesses with questions about how the Governor's Executive Orders and re-opening plans affect them.
<https://www.maine.gov/decd/home>

Resource for signage from the National Recreation and Park Association.

<https://www.nrpa.org/our-work/three-pillars/health-wellness/coronavirus-disease-2019/>

Molly Siegel: I'm wondering if any other islands have an avenue for people to ask questions about all this...so that everyone is not just calling the selectmen constantly for information?

We have the Local Health Officer and EMA Director as points of contact via email, text, or call and they will relay any major concerns to the board of assessors

Wrap up and Resources Shared:

Roger: The questions that get ask are things that all of us are wondering. Thank you asking your questions, keep asking them until we get an answer- legal, factual, or community based.

Donna: I would like to thank the CDC staff and representatives who came to share information.

Restarting Maine's Economy

<https://www.maine.gov/covid19/restartingmaine>

Maine Department of Economic and Community Development

<https://www.maine.gov/decd/home>

Stay Safer At Home

Order <https://www.maine.gov/governor/mills/sites/maine.gov.governor.mills/files/inline-files/An%20Order%20to%20Stay%20Safer%20at%20Home.pdf>

Ferry Guidance

<https://www.maine.gov/mdot/ferry/>

Local Health Officer List

<https://www.maine.gov/dhhs/mecdc/public-health-systems/lho/lho-contact.shtml>