



Chebeague COVID Testing Team (CCTT)
COVID-19 Testing on the Island
Text **347-656-7524** Voice **207-264-0007**

Are you worried that you may have COVID symptoms? Don't wait says Adrian Cole, call the Chebeague COVID Testing Team (CCTT). Here is Adrian's personal experience earlier this month with the CCTT:

"Over the course of a couple of days I started experiencing flu-like symptoms. Most notably, I had a persistent headache, fatigue and a mild sore throat. When it was clear that this was not going away with a good night's sleep, I decided it was time to call Chebeague's COVID Testing Team.

The rest of my family were working and going to school—out in the community, in other words—so I needed to know if this was the big "C." My wife is super careful because of her job at the Commons. And our children, let me just say they are always after me about what I should do.

The tests get sent ashore during the week no later than the morning after they are taken. So I scheduled to have mine the next day—Wednesday—so the test would be sent off to the lab the following morning. On Wednesday night, Jackie Trask came by and, sitting on the deck, explained how the swab works. A skinny stick about five inches long is inserted into each nostril. "When your eyes begin to water," said Jackie, "that's far enough. Then, you sort of wiggle it around a bit." Perhaps it wasn't the most pleasant experience, but probably not as bad as a shot, and there was no blood. So that was good.

I followed her instructions to the letter. Then she left me with a couple of leaflets about how to stay out of everyone's way. (I actually made a plan to camp out on Little Chebeague for a night or two—mostly to avoid doing the dishes—but as it happened the results (negative) came in on Saturday, before I left. I went anyway. And did the dishes when I returned).

In conclusion, I'd like to say a big thank you to the Testing Team. Perhaps we can think of them as the Island's Walter Reed. And I'd like to say that their system was great—professional and swift, and apart from the stick-up-the-nose part, it was very painless. And remember, don't stay awake worrying. Just send the Chebeague COVID Testing Team a text message at **347-656-7524** or leave a voice mail at **207-264-0007**."

About Chebeague COVID Testing Team

Chebeague COVID Testing Team (CCTT) is a free, safe and reliable on-island option for testing if you think you have been exposed to someone currently with COVID-19 or you are exhibiting symptoms and do not want to leave the island. **CCTT** was set up by a volunteer group of medical professionals who will come to your home, and safely guide you through a self-administered "swab and send" test. **CCTT** viral samples are processed through the State of Maine lab. Most test results turn around in 72 hours or less. Founded by Dr. Kip Webb and Dr. Jim Cox-Chapman in June 2020, the team is led by Jenny Hackel, N.P. with Jackie Trask, Nancy Hill and Ann Bowman. **CCTT** is a resource for your questions about COVID-19 and for free on-island testing. Ongoing medical care is not provided. Call your primary care doctor for ongoing care.

*The **CCTT** is made possible with funding from the Recompense Fund with sponsorship by the Chebeague Island United Methodist Church.*

As always, if you feel you have a medical emergency, Dial 911.