



Chebeague COVID Testing Team (CCTT)

COVID-19 Testing on the Island

Text **347-656-7524**

Voice **207-264-0007**

RESOURCES FOR THANKSGIVING PLANNING

To Consider

- Dr. Anthony Fauci, Director of the National Institute of Allergies and Infectious Diseases recently **recommended** that while he is personally foregoing the family in-person Thanksgiving, “each family must make their own personal risk and benefit analysis for celebrating this Thanksgiving.”
- Maine’s director of CDC, [Dr. Nirav Shah](#) on Monday November 16th, called the increase in **outbreaks in Maine** “significant” and recommended using all safety precautions available to combat community spread and avoid COVID fatigue.
- Did you know the **odds of catching the coronavirus is 20 times higher indoors?**

CDC resources to help you make the risk assessment for your family this Thanksgiving:

[Thanksgiving Planning Guide](#)

[Coping With the Holidays](#)

[Extra Precautions for Certain Health Risks/COVID](#)

[Consider Other Thanksgiving Activities](#)

[Everyone Can Make Thanksgiving Safer](#)

From the Boston Globe

[Taking Some Risk Out of Thanksgiving](#)

ABOUT CCTT: The Chebeague COVID Testing Team is an on-island option for COVID-19 testing. **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 48-72 hours or less. **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. For all emergencies, dial 911.