



COVID-19 UPDATE

May 8th: Report to the Chebeague Community



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We will come through this together

Be Safe * Stay Home * Be Positive

Please, please, please...

Stay in Place

Maintain your Space

Cover your Face

The Town of Chebeague Island is following the [CDC guidelines](#) and [Maine Governor Janet Mills' executive orders](#) to stop the spread of Covid-19, the novel coronavirus. We continue to ask everyone to stay healthy at home, as much as possible during the emergency. If you're on the island, aside from [essential services](#) outlined by the Governor's orders, please stay on the island as much as you are able. Practice safe measures of social distancing of at least 6 feet apart, avoid group activity, wear face covers, frequently wash your hands for at least 20 seconds and regularly disinfect surfaces. In short, do your part.

The Summer of 2020 will be different. If you are coming to the island from out-of-state, you will have to quarantine for 14 days. Short-term visitors are unlikely to visit, large gatherings are banned, and island community life will be based on adherence to the Governor's safety measures and the [4-phased reopening plan](#). On the bright side, the island is strong and coming together with inventive ways to cope and care for one another.

Sadly, the reality of the Covid-19 emergency is that many of our summer friends and neighbors will not be coming to Chebeague. Most of our normal activities and the traditions we cherish are cancelled. To protect our elderly, high-risk population, we will be separated from loved ones and neighbors who may not be able to come. Island businesses, lobstering and seasonal services are suffering. For those who do come, we will have to find safe ways to be together, while we are apart.

About this update: The COVID-19 UPDATE is a summary of information from the Town of Chebeague Island and community information compiled from Bev's community page. Information will be updated frequently and can be found online under a special tab (an orange box on Chebeague.org as well as the Town of Chebeague Island website. Please contact the Town office at 846-3148 for hard copies.

WHAT IF YOU FEEL SICK?

IF YOU THINK YOU MAY BE SICK WITH COVID-19, please call your primary care provider if you have any combination of the Covid-19 symptoms: **fever, dry cough, shortness of breath, fatigue or loss of smell and taste**. Your provider is likely to recommend that you stay home, self-monitor and self-isolate as long as your symptoms do not require emergency care. This puts the fewest people at risk of contracting the highly contagious virus. **If you have an emergency, as always, DIAL 911.**

If you do not have a provider, call 211 and they will find a healthcare professional to assist you.

The CDC (www.cdc.gov) has extensive resources for any coronavirus questions and is the trusted source of information.

FROM THE TOWN

[Letter from the Town Administrator](#),
APRIL 22

[COVID-19 UPDATE](#), to the community
APRIL 15

[Emergency Proclamation](#) Board of Selectmen,
APRIL 6

[Frequently Asked Questions](#) on Emergency
Proclamation,
APRIL 6

[Letter from the Town Administrator](#),
APRIL 3

[Covid-19 Resolution](#), Board of Selectmen,
MARCH 25

Town Administrator Letter: April 22, 2020

Dear Chebeague Friends and Neighbors,

All of us, wherever we may be, are trying to stay at home, stay healthy and stop the spread of the coronavirus. The island has pulled together. We are doing a great job caring for one another during this pandemic. That is the good news. The bad news is we are not in the safe zone yet.

I have received some calls asking about returning to Chebeague from homes nearby in Maine or from other states. You have asked, "When can I return to my summer home?" or "Can I come over just for the day to check on my cottage?" Please try to understand that we are working very hard to stop the spread of the coronavirus. We believe that you are too. We wish we could follow our hearts and say "Come on over", but we cannot. We must follow the science to stop the spread of the virus.

As of today, we are not yet safe from the spread. Cumberland County, of which we are a part, has the most cases in Maine and the number continues to rise. It also has the highest number of deaths. We are following emergency orders from the Governor of Maine and the guidelines issued by the Centers for Disease Control.

On the island, we are working together to maintain the safety of Chebeague and to keep the island going, with zero loss of life from the coronavirus. In Maine, the number of Covid-19 cases and deaths is still growing daily. We have not flattened the curve yet. Chebeague's population is elderly and in the highest risk category.

Consider these current Chebeague Island factors:

The Commons has been heroic in their safety measures during the coronavirus pandemic. They are striving to keep their residents and employees safe. We do not want to jeopardize their success.

Our exceptional EMS is prepared, trained and committed as always to meet the island's 911 needs. However, we do not

want to put additional stress on our emergency and rescue system in the face of a Covid-19 outbreak. To date, we have not had a coronavirus crisis.

Sources of food are stretched to the limit. Islanders are banding together, finding island-friendly food suppliers, with Julie and the Island Market going beyond the call of duty. The Food Pantry has been set up for all, not just those with financial insecurity — hoping to limit trips to the mainland.

We are working together to cut our trips to the mainland drastically, even for essential services. Examples of stretched resources are: Whole Foods, it has stopped any new accounts. The Island Market receives supplies only once a week. Casco Bay Lines has cancelled many trips. Keeping Chandler's Wharf traffic and freight flowing is a challenge, just last week the Commons had food and supplies lost in the shuffle.

The Chebeague Transportation Company (CTC) has taken extensive safety measures and has made changes to all services (boat, bus, ticketing, rider and freight protocols, limiting the number of passengers, EMS and 911 rescue). In short, the CTC is doing everything in its power to keep Covid-19 off the boat and off the island.

The Council's health clinic and the majority of Chebeague Island facilities are closed, including the School and Rec Center and all of their grounds.

Our Selectmen issued a [Resolution on March 28](#) asking you to please stay where you are and *not travel to Chebeague*. We are in a State of Emergency until further notice. The safest place to be at this time is at your home.

The Governor of Maine, Janet Mills, issued an executive order on March 31st to shelter in place. You can read about it here (["Stay Healthy at Home"](#)) and can review the list of [essential services](#). Coming to check on your island home, if you are not already sheltered in place here, is not an essential service.

The Governor has since required that anyone coming to Maine must [quarantine for at least 14](#)

[days](#). This order is still in effect and may be extended. If you come to the island, we expect you and your family to self-quarantine for at least 14 days.

This means you must stay in your house. You can't go to the Transfer Station, Doughty's Market, the Post Office or the Boatyard for gas. You must bring enough food, medicine and supplies for yourself, your family and pets for the full 14 days. If you have a need for your home, boat or automobile, you are unlikely to get the service you would normally expect.

We are one Chebeague community, whether we are year-round or seasonal residents of the island. This pandemic is hard on all of us. We will make it through this together.

The day will come when we can welcome you back without restrictions. Until then, watch for updates on the Town website under the [COVID19](#) tab. Please contact me if you have questions.

Be safe and be kind,

Marjorie Stratton, Town Administrator

DECLARATION OF TOWN EMERGENCY

Currently, the Town of Chebeague Island is under a [Declaration of Emergency](#) as voted by the Selectmen on April 8th. The emergency declaration has three key benefits: to allow the Town Administrator to expedite decisions related to the coronavirus outbreak, extends protections with regards to liability to volunteers and services provided during the Covid-19 crisis; and enables the Island to access special funding and services as needed. It will be announced by the Town Administrator when it is over. Covid-19 has reached the level of community spread in Cumberland County. Chebeague Island is practicing every safety measure at our disposal to flatten the curve and prevent the spread of the coronavirus. ‘

TOWN MEETINGS VIA ZOOM

During the crisis, all Town meetings are now being conducted remotely ([via ZOOM](#)). Meetings are listed on the Town website and are open to the public. You may listen on a regular phone (landline) too. All information is available on the [Town website](#).

FROM THE STATE OF MAINE

Governor Mills COVID-19
www.maine.gov/governor/mills/covid-19

May 1, 2020 Governor Mills Announcement to Phase In Maine's Reopening, [Restarting Maine's Economy](#)

May 6, 2020 Governor Mills Convenes Expert Committee to [Advise on State's Economic Recovery](#)

May 1, 2020 Governor Mills to Maine People: ["We will not give up on each other."](#)

COVID-19 TESTING & RESCUE FROM CHEBEAGUE

WHAT IF YOU NEED A TEST?

Your provider will determine whether you need a coronavirus test, and make an appointment for you to be tested at a site on the Mainland.

For transportation to your test, the CTC has set up special barging procedures at no cost for suspected COVID-19 patients requiring non-emergency transportation to the mainland. Contact the CTC office at 846-3700 to schedule your trip.

In addition, there are two other transportation options for COVID-19 non-emergency testing: [The Casco Bay Lines](#) to Portland, and Fogg Boatworks water taxi. (See information below under Transportation.)

[COVID-19 MENTAL HEALTH & EMOTIONAL SUPPORT](#) This one page brochure has information and links to free mental health resources for all ages.

WHAT IF YOU NEED EMERGENCY HELP?

The Chebeague Fire and Rescue remains on call 24/7 for all emergencies throughout the COVID-19 pandemic.

AS ALWAYS, CALL 911 (NEVER WAIT FOR SYMPTOMS TO GET WORSE).

Emergency response continues to operate as usual. You can count on the Fire and Rescue's rapid, professional and caring response to any call. **All 911 calls for possible COVID-19 emergency cases receive special care. The Island is fully prepared with all safety supplies (PPE, masks) and procedures.** Here is what happens to determine whether you might need COVID-19 emergency care.

1. Call 911
2. The 911 dispatcher asks you a series of questions. Give clear, honest answers to their questions about your symptoms. Your answers will inform Chebeague and Mainland rescue crews with information required to protect themselves and others from COVID-19.
3. Chebeague Fire and Rescue will arrange safe transportation to the mainland on the CTC and to the hospital.

During transport of a patient, no passengers or freight are permitted on the ferry. Only Chebeague Fire and Rescue personnel accompany the patient on the ferry to Cousins Island. The CTC crew will have no contact with the patient. Vehicles and pedestrians on the Stone Wharf and the Cousins Island Wharf must clear the wharf during a rescue.

TRANSPORTATION

Chebeague Transportation Co. (CTC)

CTC policies are frequently changing as they respond to the Governor's and CDC guidelines. The board, leadership and staff are working tirelessly to protect the island from the spread of the novel coronavirus. You are encouraged to sign up for text/email alerts directly from the CTC website (chebeaguetrans.com).

[CTC Covid-19 April 28th Notice](#)

Visit the [CTC website](#) for special COVID-19 updates, schedule changes and CTC COVID-19 safety measures including:

- 20 passenger boat limit
- Bus service to Rt One Suspended (under review for summer safe practices)
- New non-contact tickets (tear off)
- Masks must be worn (available for \$5 donation to a local nonprofit)
- Reduced schedule (6 roundtrips per weekday, 4 roundtrips on Sunday)
- Contractors are asked to contact the office to confirm parking availability and safety procedures

Call the CTC Office directly for any questions at 846-3700 or visit their [for more website at www.chebeaguetrans.com](http://www.chebeaguetrans.com).

Casco Bay Lines (CBL) 774-7871, www.cascobaylines.com, CBL has a reduced schedule and special COVID-19 safety protocols:

- Masks must be worn
- Reduced schedule (3 trips per day)
- Area for suspected Covid-19
- Restrictions at Chandler Wharf

Fogg's Boatworks (Water Taxi, 415-8493) [Fogg Water Taxi](#) is available to take Chebeaguers off-island for testing and will take people back to island - even if tested

positive for the coronavirus. Contact Evan Fogg with questions.

Chandler's Wharf Safe Practices

As Islanders continue to stay safer at home on Chebeague and avoid trips to the mainland, deliveries via the Chandler's Wharf are at an all-time high for early Spring.

Please plan ahead with safety measures of social distancing and use face covering (required in public settings). This is one of our most congested public areas. Budget extra time and practice courteousness and patience when you are picking up items at the Wharf.

No one, except authorized mail and freight service workers, is allowed to drive or walk down to the end of the dock until it is safe. The Town will manage the flow. Only one or two people at a time will be permitted to retrieve freight. Deliveries to Billy St. Cyr (UPS, FedEx, packages), Island Market, USPS Mail Delivery and the Island Commons have priority, especially with their essential, larger orders. Please be patient. We recommend, wherever possible, that you have clear signage on your packages (with your name, phone and address wherever possible) and double check all labels to help avoid lost or stolen items.

ISLAND GROCERIES AND FOOD

[Doughty's Island Market](#) is open and closely following CDC-recommended safety procedures. They are providing curbside pick-ups and order by phone. Contact Julie (846-9997) for the most up-to-date hours and grocery services. Please do not leave messages on the voicemail.

[Food Pantry](#) - The Food Pantry is open for all on **Wednesdays from 10:30-12:30**, as well as special delivery. Based at the Parish House, the

Food Pantry has a dedicated group of volunteers meeting the needs of scores of families. They have stocked their shelves **so everyone can supplement their provisions and stay at home.** (While the Food Pantry typically helps those on the island with food insecurity, in these uncertain times the Food Pantry is available to everyone.)

To supplement your grocery needs and reduce trips to the mainland, you can drop by to:

- Avoid going to town
- Need basic items for your pantry
- Get fresh produce from local farms
- Want to have soup for lunch

If possible email them a list of items and they will package them and bring them outside for you to pick up. Email Jenn Howard at jahoward2@gmail.com. If you need to call you can call Jenn 415-271-0096 or Denise Hamilton 207-838-6107. You may also bring a list of your needs, drive up to get curbside support from the volunteers.

The Food Pantry accepts food and monetary donations at the Church. It also has a PayPal account for making donations simpler: visit www.chebeagueumc.org/donate.html and email the church at chebeagueislandumc@gmail.com noting that it's ear-marked for the Food Pantry.

Chebeague Island Oysters is taking orders now. Send email to: chebeagueislandoysters@gmail.com. Check out the Chebeague Island Oyster Company on Facebook at <https://www.facebook.com/chebeagueislandoysters>. Bob Earnest bob963@me.com can answer your questions about island service.

Winter Hill Farm, is offering local farm produce and meats with fresh products changing weekly. For more information you can also contact Bob at bob963@me.com for current offerings from Winter Hill Farm, and payment and delivery options.

OTHER MAINLAND FOOD SOURCES

Each week, islanders are drumming up different, safe, island-food delivery. Here are some of the latest additions:

Olivia's Garden from New Gloucester to deliver to CTC

Native Maine from Portland to Casco Bay
Whole Foods - no new customers and limited number of orders at this time to Casco Bay

Harbor Fish from Portland to Casco Bay

MEALS DELIVERED TO THE ISLAND

Volunteers at the food pantry and other islanders are continually finding island-friendly sources of fresh food delivery. Here are some of the most recent:

Otto's Pizzas from Yarmouth to the CTC 5:00 boat on Wednesdays (transport donated by the CTC).

Greeks of Peaks Mobile food truck based in Portland, via the CTC on Saturdays.

Solo Italiano to Casco Bay -5:45 boat on Friday, Saturday & Sunday.

OTHER COMMUNITY NOTICES

Face Covers/Masks for Safety COVID-19 is highly contagious and is spreading at the community level in Cumberland County. To "flatten the curve," Governor Mills issued an executive order requiring the use of face coverings in public, where social distancing is not feasible. Protect yourself and others by wearing a face mask or a scarf to cover your nose and mouth in public. Also, use face coverings if you, or someone in your family is quarantining at home. Free masks are available at the Food Pantry, Post Office or at Julie's market. Contact Karen Corson at 846-0938 to help make masks or Polly at 207-233-8382 to obtain a mask.

For reliable Frequently Asked Questions about Masks and Face Coverings, see the CDC website and the [U.S. Surgeon General's guidance](#).

Samaritan Fund

If you or someone you care about is in need of financial assistance for fuel or medicine, you may contact Esther Knight at 846-4178. All calls are strictly confidential.

Chebeague Island Historical Society

“[Project Resilience](#)” is an effort to build community and artistic connections during the pandemic. For more information, contact the Historical Society 846-5237 or email Chebeaguehistory@gmail.com

Following is a summary of what is Open and Closed as of 5/8/20.

OPEN

Boatyard/fuel
Post Office
Transfer Station
Island Commons (closed to visitors, you may contact residents with messages at islandcommonsresidents@gmail.com)

CLOSED

Chedemption
The Library
The Hall
The Community Center/Island Council
Island Riches
The Golf Club ([update on plans here](#))
The Tennis Club
The Niblic
Historical Society
Chebeague Island School (remote learning until June 12th, all grounds including playground are closed.)

SPRING/SUMMER ACTIVITIES THAT HAVE BEEN CANCELLED

Island Common’s Jenny Wren Walk/Run
Memorial Day Program
The Health Clinic (including Veterinarian visits)
Fourth of July Run/Parade/Picnic
MacBeth Concert Series for 2020

SchoolHouse Seconds 2020

The CRC’s bi-annual Frolic

CLOSED NOW/REVIEWING PROVISIONAL SERVICES

Most Chebeague community organizations are in the process of carefully reviewing the Governor’s 4-phased opening protocols. In addition, many are coordinating best practices and safety precautions recommended from national industry organizations.

Chebeague Recreation Center/Kids Place is closed, but closely reviewing safe options for child care and Summer programming for recreational activities.

Chebeague Island United Methodist Church Celebrations are being held via ZOOM.

Chebeague Island Inn is closed but reviewing a possible opening in June or July. In collaboration with the State of Maine, CDC and National Restaurant Association safe practices, various options are being considered (e.g. curbside dining and other small group options). All weddings and large gatherings have been canceled.

Slowbell Cafe is closed but reviewing safe practices and potential Summer services.

Sailing School

July session is most likely to be cancelled. They are working with other island entities to interpret The State of Maine’s phase 3-4 guidelines for summer camps. Under consideration: running two sessions through mid-August. However, the challenges of social distancing on boats and lower enrollment expectations are key factors (given that out-of-state sailors may not return due to the required 14-day quarantine rule.) All plans are provisional and will depend upon an improving public health profile for Maine and the region.

Additional Covid-19 RESOURCES

U.S. Center for Disease Control (CDC)
www.cdc.gov

Coronavirus.gov

Governor Mills
www.maine.gov/governor/mills/covid-19

ChebWeb.com, a new Chebeague resource

211

Health & Human Services Disaster Distress
Helpline: 800-985-5990

[FAQ on the Coronavirus by the U.S. Surgeon
General's Office](#)

[FAQ May 6th from the Maine CDC](#)



FREQUENTLY ASKED QUESTIONS (FAQ)

As of 5/8/20

Q1. If coming to Maine and the Island from out of state do I have to quarantine for 14 days?

YES

Q2. If I have quarantined in another state and come to the island do I still have to quarantine?

YES

Q3. What does the 14-day quarantine mean?

Stay inside your home. Avoid contact with others. Monitor your health for any signs of the coronavirus. On the island, if you go out in public, exert extra caution, wear protective masks or gloves and behave as if you have the virus. At all costs, you should avoid contact with others, one-on-one and in any group settings. On the island, that means you should not go to the store, the transfer station, the boatyard or any other public areas for 14 days.

Q4. If I am coming from another location within Maine do I have to do the 14 day quarantine?

NO. We hope you will consider the fragility of the island's infrastructure and prepare to exercise all safety precautions if you do choose to come.

Q5. Do I have to wear a face covering on the island?

YES, when you cannot maintain the 6 feet social distancing requirement.

Q6. Do I have to stay at least 6 feet away during this pandemic?

YES

Q7. What is the difference between isolation and quarantine? What is involved?

According to the CDC, self-quarantine means that you need to separate yourself from others because you may have been exposed to the COVID-19 virus but are not currently symptomatic. Whether you are self-quarantining or self-isolating you will:

- Stay at home.
- Avoid contact with others, especially those who are at high risk of severe COVID-19 illness, including the elderly.
- Keep a distance of at least 6 feet from other people, especially in public places.
- Wear a mask that covers your nose and mouth.
- Regularly disinfect all surfaces.
- Limit all visitors to your home.
- Need 14 days of all supplies (food, medicine, pet food).

Due to Covid-19 being spread by asymptomatic people, and the highly contagious nature of the coronavirus, the safest course of action is for everyone to assume they carry the virus.

Q8. Are you allowing day visitors to the island (walks, golf, tennis or bike rides) since the Governor's order allowed exercise?

YES, but we do not encourage it. Keep in mind the threat of the spread of the highly contagious coronavirus is raised with every visit to the island. Our safety is still fragile. We do not encourage day visitors at this time. Keep in mind that there are no public restrooms and virtually all buildings are closed. In addition, The Golf Club, Tennis Club, The Community Center and The Rec (along with all school grounds) are closed to the public. Bikes are currently prohibited on the CTC.

Q9. Are rentals allowed this summer?

NO, not at this time. Except for emergency lodging for front-line workers, hotels and lodging are prohibited from taking guests. Under the current Governor's order, only short-term rentals to people within Maine will be allowed. Out-of-state visitors must quarantine for 14-days, making short-term rentals virtually impossible. Late in the summer, if the health profile improves, the Governor's last phase may permit short-term rentals again.

Q10. When will this end?

We cannot answer that. As Dr. Nirav Shah, the head of Maine's CDC says, "only the virus knows when this will end."