



CHEBEAGUE ISLAND *Maine*

Be Safe * Be Consistent * Be Kind



DECEMBER 23, 2020 COVID-19 UPDATE to the Chebeague Community

“If staying home, staying in your pod or in your bubble is something that’s available to you, that’s definitely the most helpful thing you can do this winter.”

Dr. Nirav Shah, Maine CDC Director

Regarding the COVID-19 vaccine, **“Say, ‘I’m not going to be one of the people that’s going to be a stepping stone for the virus to go to somebody else. I’m going to be a dead end to the virus.’”**

Dr. Anthony Fauci, National Institute of Allergy and Infectious Diseases, Director

“I’m afraid about what’s happening out there. We could be wiped out entirely if we didn’t do something.”

Dianne Calder as quoted on the [front page of the Portland Press Herald, 12/22/20](#)

This newsletter is an update to the Chebeague Island community with information on COVID-19 safety practices during the state of emergency precipitated by the coronavirus global pandemic. This update is from the Town of Chebeague and the Community Response Action Team (CART), a Town committee of volunteers representing the Town, School, Church, various nonprofit organizations and local citizens. The COVID-19 Update can be found on the Town website www.townofchebeagueisland.org, Bev's website www.chebeague.org under the tab "COVID-19" and ChebWeb www.chebweb.com. For a hard copy email: townofchebeaguecovid19@gmail.com.)

Latest News

Chebeague's new Town Administrator

- [Letter from Justin L. Poirier, Chebeague Town Administrator and Emergency Director](#) regarding the latest news on COVID-19 preparedness and response on the island.
- **Town of Chebeague News:**
 - **Community Alert System** is now live for official texts and emails from the Town, please sign up online at the Town website's homepage, www.chebeagueisland.org
 - Due to the spike in COVID-19, the Town office is **open with curb-side services** for visitors (with a drop box for most business transactions). The office has regular hours (M,Th,F 9-4pm, Closed T,W) and by appointment. Call ahead to 846-3148 to plan ahead.
 - The Board of Selectmen voted in favor of keeping several **floats in the water at the Stone Pier** for "winter commuters" as a way to increase pandemic transportation options.

Vaccines: A Shot of Hope

Dr. Nirav Shah, director of the Maine Center for Disease Control (CDC) and Governor Janet Mills unveiled a [four-part vaccine roll out plan](#) for Maine, with emphasis on frontline and at-risk Mainers.

The national Centers for Disease Control (CDC) has [extensive resources regarding the FDA approved vaccines](#) and the national roll out plan.

Governor Janet Mills has strengthened the executive order requiring masks in all public settings as well as a 9pm curfew for public gatherings. Click here for a summary of the Maine current COVID-19 mandates and [news from the governor](#).

Vaccines on Chebeague: Various community organizations are currently researching vaccine offerings in their fields, the 4-phase Maine CDC program as well as potential options for vaccine offerings on the island. More information from each organization will be shared as it becomes available.

From the Chebeague COVID Testing Team: Jenny Hackel, R.N. and lead of the CCTT, "We celebrate the good news after such a long and tough time - the vaccines are coming! More advancements, information and approvals are coming every day. Working on the frontline, Ann Bowman received her first vaccine yesterday. We are glad to answer any general questions about the vaccine, how the CDC is offering it in phases, eligibility and help you think through your personal vaccine plan. All along, our goal was to be the best prepared community in Maine for COVID-19. Let's work together and get past the 70% goal of society getting the vaccine and make the island as safe as it can be. Look how Dianne Calder led the way!"

COMMUNITY ALERT SYSTEM: A new text and email alert system for the Town of Chebeague has been created. [Click here](#) to sign up right from the Town's website for texts and emails to receive official news from the Town, including COVID updates, emergency information and important Town news. This system was made possible by the Keep Maine Healthy grant.

Emergency Preparation on the Island

- **Emergency & Crisis Response:** The Town has several options for responding during the pandemic. The Town Office and Fire Station have generators, and are available for water and as a charging station for electronics. The Parish Hall has a generator which supports the Food Pantry as a safe option. The Town staff is currently looking at a plan to respond in the case of a COVID-19 outbreak (defined as 3 cases linked) combined with a major power outage. The response team would likely be led by Town Administrator/Emergency Director, Justin Poirier.
- **Power Outage Safe Place:** Following is a public message from The Chebeague Island Community Center as posted in the Island Calendar (Dec, 2020): ***“The Chebeague Island Community Center will be open for persons to get warm, charge their laptops and cell phones, obtain water, access to the Internet and use the toilet. The kitchen is off limits except to obtain water from the sink. In accordance with State rules regarding the COVID-19 pandemic, all persons using the Community Center must sign in and provide contact information. All persons must wear a mask at all times while in the building. All persons must observe social distancing rules and any other State-imposed restrictions. These rules apply solely to prolonged power outages on the island. In the event of a natural disaster, the Community Center would be guided by and governed by MEMA, FEMA and the Red Cross.”*** Additional note: during a power outage, internet service is also readily available outside of the Library.
- **The Island Commons** responded swiftly and effectively to a COVID-19 case before Thanksgiving. Following is a public message from December 11, 2020 from head administrator, Amy Rich and the Commons team: ***“The Island Commons is pleased to report that after numerous weeks of testing we are officially healthy! We appreciate the well wishes and support from our community!”*** And from the Commons Board, ***“Sincere thanks to the wonderful Commons crew for working so hard to keep our residents and staff safe. All of Chebeague celebrates their hard work and dedication.”***
- **Keep Maine Healthy (KMH)** grant ends on December 31, 2020 (with procurements by December 11). [Click here](#) for the preliminary KMH wrap up in October before the grant deadline was extended. If your organization is seeking additional PPE or cleaning supplies, there is an ample supply available by request. Please contact the Town at 846-3148. Note: KN95 masks are available to all islanders at locations around the island. The KN95 masks provide a high level of protection and can be reused if kept clean and dry. These masks are comfortable with good “breathability” and are the same masks used by Chebeague Fire and Rescue. KN95 masks are available by calling the Town Office or going to the Post Office or Island Market.

ON ISLAND COVID-19 SUPPORT

If you have an emergency, as always, **DIAL 911**. The Chebeague Island Emergency Medical Service (EMS) and Fire & Rescue are equipped and ready for all 911 calls. If you do not have a provider, the State of Maine recommends that you [call 211](#) for help finding a healthcare professional and related social services to assist you. The [CDC](#) has extensive resources for any coronavirus-related questions and is the trusted source of information.

[Chebeague COVID Testing Team \(CCTT\)](#) (Text **347-656-7524** or Call **207-264-0007**) is a safe, reliable on-island option for testing if you seek COVID-19 testing and do not want to risk leaving the island, or you would feel safer having a test. The CCTT has both the PCR tests as well as BINAX NOW (for those with symptoms) and is

FOR ANY COVID-19 QUESTIONS: CONTACT

COVID-19
Pre-Screening Tool
for School Attendance

Within the past 24 hours have you had a fever (100.4 and above*) or used any fever reducing medicine? YES =

Do you feel sick with any of the most common symptoms? (see symptom list to the right) YES =

Have you been in close contact with a person who has COVID-19? YES =

Have you traveled outside of the state in the past 14 days? YES = Contact Your School

Stay home with any YES response to the questions above OR with two or more of the "less common" symptoms listed to the right.

Attend school when all answers are NO and your child is feeling well with no other symptoms of illness. Call or see your school nurse or other designated person at school if you have questions. Updated 8.31.20

MOST COMMON SYMPTOMS OF COVID-19:
Cough
Shortness of breath or difficulty breathing
Fever (100.4)
Chills
New loss of taste or smell

LESS COMMON SYMPTOMS OF COVID-19 (2 or more):
Muscle pain
Stomach pain or diarrhea
Fatigue
Headache
Rash
Swelling or redness of hands/feet
Red eyes/eye drainage
Congestion/runny nose

Keeping Chebeague Island informed and safe
CCTT: Chebeague COVID Testing Team
text 347-656-7524 call 207-264-0007

staffed by island volunteer medical professionals (Ann Bowman, Nancy Hill, Jackie Trask with support from Kip Webb and Jim Cox-Chapman) who will come to your home, and safely guide you through a self-administered “swab and send” test. For more information, contact Jenny Hackel, R.N. (Text **347-656-7524** or Call **207-264-0007**). While CCTT does not provide ongoing medical care, the island volunteer professionals are a resource for questions about COVID-19. To date the CCTT has performed over 225 tests and provided health information and education and are dedicated to helping prevent potential outbreaks. [Click here](#) for a message from Sue and Ernie Burgess about their recent Covid experience. [Frequently Asked Questions](#)

COVID Care During recovery, if you are in need of support during a quarantine or isolation, or would like support creating a personal or family COVID plan, feel free to contact the CART team leaders, Melissa Yosua-Davis and Donna Damon along with CCTT leader, Jenny Hackel, R.N. and they will help plan for support including but not limited to shelter, food, emotional and spiritual support and other needs particular to you and/or your family.

The Island Council’s Wellness Center is open for routine care. **Dr. Heidi Larson**, a Family Practice doctor will see patients of all ages every Friday morning from 9-11:30 AM. Masks required. Call Dr. Larson directly at 233-2502 to discuss her services and family practice offerings.

Mental Wellness If you, or someone you love is concerned about mental health or are experiencing anxiety, depression or any other emotional health issues, you have many resources. [Maine’s 211](#) can link you 24/7 to social services and support programs including mental health. [Click here](#) for a list of resources at the local and state level to support you.

STAYING SAFE ON THE ISLAND

As of this publication, only Vermont and New Hampshire are on the Maine list of states that do not require a 10 day quarantine upon arrival to Maine due to comparable low positivity rates. Residents from all other states and locations are required to [quarantine for 10 days](#) upon arrival to Chebeague Island or have proof of a negative COVID-19 test within 72 hours of arrival. Seasonal homeowners, workers traveling to Maine, and other visitors may utilize a recent negative COVID-19 test as an alternative to the required quarantine in Maine. [How to Quarantine on Chebeague](#), a helpful chart outlining the specifics of self quarantine including what island activities are safely permitted during a quarantine.

TRANSPORTATION & FOOD

Chebeague Transportation Co. (CTC) Visit the [CTC COVID website](#) to sign up for emails and texts on COVID-19 updates, reduced schedules, and changes to CTC COVID-19 safety procedures for crew and passengers. **Masks are mandatory and boats are limited (both schedule and capacity (32 passengers) to ensure social distancing and public health safety.** All updates and schedules are posted at the very top of their home page (www.chebeaguetrans.com). Contact the office (846-3700) for more information.

[Casco Bay Lines \(CBL\)](#) 774-7871, cascobaylines.com. The schedule with Chebeague service is [here](#).

The Island Market continues to provide curbside service. Check Julie’s postings on FaceBook for weekly and daily news.

The Food Pantry Our very own “Chebundance” continues to serve the island. The Chebeague Island United Methodist Church Food Pantry **has changed its day from Wednesdays to Sundays after worship from 11:30-12:30** in the Parish House on North Road. Remember the pantry is a way to reduce trips to the mainland and their food and goods are for everyone! It offers fruits and vegetables, meats/poultry as well as canned/ jarred and dried foods along with home supplies like sponges, paper towels, trash bags and

FOR ANY COVID-19 QUESTIONS: CONTACT the Town Office at (846-3148).

personal hygiene products. It is possible to arrange pick up or delivery at other times as needed. Please bring a bag, stay 6 feet apart and wear a mask. You can also email us a list of items for you to pick up. Contact: Polly (207-233-8382) Denise (207-838-6107) or Jessie (802-279-5410). Donations are not necessary however they are appreciated and can be made [here](#).

[Otto's pizza delivery](#) from the Portland restaurant comes to the island on **Wednesdays** if you place your order by 11am. Pick up is at the Stone Pier at 3:30pm.

Wholefoods/Amazon Prime has expanded its services and is an excellent, reliable and safe way to get groceries delivered via Casco Bay Lines to the island. Check for the specifics on your Amazon Prime account or call Wholefoods Provisions in Portland at 207-774-7711 or email them at naptlprovisions@wholefoods.com.

COMMUNITY

[Click here](#) for a view of the holiday decorations lighting up the island this holiday and winter. Post your photos on ChebWeb to bring cheer this winter. [Community Christmas Caroling is tonight at 7pm](#) via ZOOM and will be recorded and posted on Bev's chebeague.org and Chip's ChebWeb.

School playground is open at 4pm each weekday and on weekends. All children and families are asked to **wear masks when six feet of distancing is not possible**. No public bathrooms, nor drinking fountains are available at this time, so please plan ahead.

Chebeague Recreation Center (CRC) Kiran Grewal, an Island Institute Fellow assigned to the Chebeague Rec Center has been leading programming with a focus on youth and community from a Halloween event (with home-built catapult) to a painting class (Paint & Sip). Stay tuned to the CRC for online January programs on yoga, mindfulness and birding. For ideas or info, contact Kiran at 347-598-3572 or email her at kgrewal@islandinstitute.org

The Chebeague Island United Methodist Church (CUMC) continues to hold weekly services via Zoom (Meeting ID: 308 728 697 Password: 20152020), a book club and other community outreach. [Click here](#) for updates. Christmas Eve services will be held on December 24th at 7pm via ZOOM, with a special Silent Night produced by Herb Maine, Chip Emery and Ben Yosua-Davis.

Recompense Fund Community Videos [Click here](#) to see the "Love My Island" video that was created last summer from the 100's of photos sent to Chip.

The Historical Society is offering its annual lecture series via ZOOM [\(info here\)](#). The [online store](#) is open.

KEEPING INFORMED ON CHEBEAGUE

TOWN MEETINGS are being conducted remotely via [ZOOM](#) Meeting ID 326 962 753, passcode 175989.

CHEBEAGUE ACTION RESPONSE TEAM (CART) This volunteer task force was created by Board of Selectmen Donna Damon and co-led by David Hill and Melissa Yosua-Davis. Schedule is posted on the Town website.

CHEBEAGUE SCHOOL COMMITTEE meetings are held on the first and third Tuesday of every month at 6pm and held via Zoom on the Town's number (ZOOM 326 962 753, passcode 175989).

COVID-19 UPDATES and KEY RESOURCES

[Click here](#) to view Chebeague COVID videos produced by Dr. Kip Webb and Chip Emery

Please visit the Town's website for [all past COVID communications and updates](#)

FOR ANY COVID-19 QUESTIONS: CONTACT the Town Office at (846-3148).