

10 Frequently Asked Questions about COVID Testing on Chebeague

Chebeague COVID Testing Team, sponsored by CUMC

Director, Dr Kip Webb 207-846-9770

1. Why was the Chebeague COVID Testing Team (CCTT) organized when a person can go to the mainland and get COVID tested?

*The CCTT is set up to offer testing so that someone with symptoms of COVID-19 or someone at high risk of infection, does not have to take the boat and potentially expose others to the virus when they do not need emergency care. If a person is feeling ill, but there is no health emergency, they should stay home. **The symptoms concerning for COVID-19 include fever, chills, cough, sore throat, shortness of breath, muscle pain, vomiting, diarrhea, new loss of taste or smell, and severe headache.** Anyone with symptoms will benefit from knowing if they have COVID-19 so they can be carefully monitored and prevent the spread to others. A “positive test” means the virus is present.*

*If you have any of these symptoms, please call your primary care provider (PCP) about what to do. Let them know the Chebeague COVID Testing team (CCTT) can come to your home to give you a test that will be processed at Quest Labs. The contact phone for CCTT is **Dr. Kip Webb’s home number, 207-846-9770**. If you think you might need a test, call his number and leave a message with your name and phone number. A member of the CCTT team will contact you to set up a test time at your home in the next day or so. The test results will go to you and you can share the results with your PCP.*

2. If I think I might have COVID-19, shouldn't I go to the emergency room?

If you feel short of breath, have a high fever and cannot care for yourself, or if you feel weakness or unable to think clearly, please call 911 and go the emergency room. People at risk for complications of COVID-19 include those with advanced age, asthma or lung disease, a weakened immune system or cancer, kidney or liver disease, diabetes, heart disease, or pregnancy. Don't wait to call your PCP to discuss your situation. But if you have milder symptoms, it is better to stay home and stay in phone contact with your PCP.

3. What is involved in getting tested?

The CCTT volunteer will bring a nasal swab and coach you through getting sample of mucus from your nose and putting the test in a sealed bag to get sent by FedEx to Quest.

4. What if I want to get tested but I have **no** symptoms or am unsure about exposure?

If you have no symptoms but want to get tested, the Maine Center for Disease Control (CDC) has made tests available. You can make an appointment at a local clinic, such as the Minute Clinic at the CVS in South Portland or make an appointment to see the visiting nurse at the Chebeague Island Wellness clinic every other Tuesday morning at the Wellness Center next to the Island library. Call ahead to book it at 846-4988.

5. What if I do not have a primary care provider or health insurance?

*If you are feeling ill and need a test right away, and have no health insurance or PCP, please contact CCTT at **846-9770** to get tested at home, and the cost of the test will be covered by the grant fund provided by the Recompense Fund through the Chebeague United Methodist Church. If you need a PCP, and are a Maine resident, check this*

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weblink: https://www.maine.gov/dhhs/oms/pdfs_doc/COVID-19/Individual-Guidance-Uninsured-COVID19-05122020.pdf

6. If I do have a PCP and health insurance, will the test be covered by my health plan?

The test should be covered by your health insurance, but if you have a financial challenge, this program is designed to help cover the cost.

7. What are the chances the test will be negative when I actually do have COVID-19?

There is a small chance that the test will be negative when you actually do have the virus. If the test is negative and your symptoms are progressing, your PCP may suggest you get re-tested. While you are recovering, you should isolate yourself so that those in your household have limited exposure to whatever contagious illness you may have. If you are unable to care for yourself without help, you should contact your PCP to plan your care.

8. If I have a positive test, do I need to see a doctor?

Many people who get COVID-19 have a mild illness and do not need to see a doctor; be in touch with your PCP by phone. Make sure you do not spread the virus to others by isolating in your home for two weeks as you recover; The virus runs its course and you may well feel better in a matter of days to weeks without any medicine, but you need to take care of yourself with plenty of fluids and rest. You can get more information about safe recovery at the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

9. If I have a positive test, who will notify the CDC and what do they do?

If you have a positive test, Quest will notify the CDC. They will contact you to try to make sure anyone with whom you have had close contact also gets tested. This is called contact tracing, which is designed to trace those who may have gotten the virus and get them tested so they are less likely to pass it on to others without knowing they are carriers. Please think about who you have been in close contact within two days before you came down with the virus. "Close contacts" means people in your household, or others you were less than 6 feet away from without a mask for more than 10 minutes. If your close contacts can get tested, this helps prevent further spread, so please let them know.

10. I feel fine; How can I help prevent an outbreak of COVID-19 on Chebeague?

You can help prevent an outbreak of COVID-19 by following the suggestions at the CDC and through the COVID-19 info link on the Chebeague website- www.Chebeague.org . This includes keeping your hands and surfaces you touch clean, maintaining a social distance of at least 6 feet from others who are not in your household, and wearing a mask when in public spaces. Stay informed about traveling safely to and from Chebeague. You can get text messages on your mobile device from the CTC or check their website: www.ChebeagueTrans.org to know the latest efforts to prevent the spread of the virus. Finally, be considerate about protecting the privacy of those who want or need to get tested while sharing information about the CCTT for anyone who develops symptoms of concern. In this way, we all work together on the "Quaranteam" to end the pandemic.