

Frequently Asked Questions about Covid Testing on Chebeague
Chebeague Covid Testing Team (CCTT), sponsored by CUMC
Text message 347-656-7524, voice mail 207-264-0007
Team Captain, Jennifer Hackel, CNP - 846-9004

1. Why was the Chebeague Covid Testing Team (CCTT) organized?

The CCTT is a group of volunteer health professionals set up to offer testing so that someone concerned they may have Covid-19 does not need to take the boat to the mainland to find out if they have the virus to help identify cases and reduce the risk of an outbreak on Chebeague. A “positive test” means the virus is present, and three or more cases in a cluster indicates an outbreak with potential for more rapid spread.

2. What are the symptoms of Covid-19?

The symptoms of the virus include fever, chills, dry cough, sore throat, shortness of breath, muscle pain, fatigue, nausea, 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.

3. What should I do if I have symptoms of Covid-19?

If you have symptoms, please call your primary care provider (PCP). If you have trouble breathing, call 911. If you have milder symptoms, get tested and isolate yourself until you find out whether you have the virus. Let your PCP know CCTT volunteer can come to your home to give you a test. Test results will go to you, and you can share them with your PCP.

4. 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, or are 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 contact your PCP.

5. How do I contact the CCTT volunteer and what is involved in getting tested?

To reach the CCTT, text message 347-656-7524, or leave a voice mail at 207-264-0007. Be sure to leave your name and call back number. The CCTT volunteer will contact you to set up a test time at your home in the next day or so. The CCTT volunteer will bring you a nasal swab and coach you through getting sample of mucus from your nose and putting the test in tube in a sealed bag to get sent to the lab. They will call you back when your results return in 48-72 hrs.

6. What if I want to get tested but I have no symptoms?

The Maine Center for Disease Control (CDC) has made tests available around the state. Go to their website [here](#) to get the link for local testing site details, and call sites near you about your eligibility and to make a test appointment. This may be best for those coming to Chebeague who want to know they are negative before arriving. Feel free to call the CCTT to discuss.

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7. **What if I do not have a primary care provider or health insurance?** The Covid test done through the CCTT is a free test run at the state lab. You need no insurance to get this free test. However, everyone should have a PCP, so if you need one, and are a Maine resident, check this weblink to find out how to get insured: [health insurance link](#)

8. **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 from the symptoms, 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.

9. **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> and <https://www.cdc.gov/coronavirus/2019-ncov/downloads/What-Your-Test-Results-Mean.pdf>

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

If you have a positive test, the State lab will notify the Maine 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 10-15 minutes; they should get tested right away.

11. **I feel fine; How can I help prevent an outbreak on Chebeague?**

You can help prevent an outbreak of Covid-19 by following the suggestions from 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 for updates. Finally, be

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considerate about protecting the privacy of those who want or need to get tested while sharing information about the CCTT to anyone concerned they may have Covid.

12. Do I need to get a flu vaccine during the pandemic?

Yes, please do - getting immunized reduces your chances of getting, and spreading, the flu this winter. It reduces the risk of others getting the flu who cannot take the vaccine. It helps us all.