

Our Community. Our Health.

Responding to COVID-19

An Update from Your Local Health System

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MID COAST-PARKVIEW
HEALTH

Situation Overview

- Since March, Mid Coast Hospital has administered more than 22,400 tests, with just over 400 positive cases.
- There were 167 positive cases in December 2020.
- Mid Coast Hospital is currently treating 5 inpatients for COVID-19 and has treated a total of 71 since March.
- Maine has had more than 26,500 cases with 369 deaths.

The second surge of COVID-19 is here.

Community Spread

- **Early Infections in Maine:** Related to specific outbreaks, where cases could be connected back to an event or gathering.
- **Now:** Seeing more cases that are not from a specific event:
 - People without symptoms are likely spreading COVID-19 without even knowing they are infected.
 - Much more dangerous for our communities and potentially more difficult to contain.
- Key steps to ensure continued safety:
 - Physical distancing of at least 6 feet apart
 - Universal masking
 - No gatherings of more than 10 people
 - Hand washing
 - Stay safe at home

Second Surge Plan

- MaineHealth has been preparing for a second surge of COVID-19 for several months.
- Mid Coast Hospital has been identified within the MaineHealth system as a COVID-19 inpatient concentrated care site:
 - Leverage clinical experience
 - Most effective use of specialists and resources
- Separate treatment areas, with dedicated care teams for COVID-19 patients in ICU and Med-Surg.
- MaineHealth supply chain is a great advantage for Personal Protective Equipment (PPE).

Testing Options

- **Mid Coast Hospital:** Offers drive-thru testing for asymptomatic and symptomatic individuals:
 - All testing is by appointment only and requires provider's order.
 - State Swab and Send site provides free testing for patients without a provider's order.
- **NorDx Labs:** Out-of-pocket expense. Convenient testing locations.
- **Community Locations:** Increased options at local pharmacies.

COVID-19 Infection

- 99% of infected individuals exhibit symptoms within 14 days of exposure:
 - Fever, cough, and chills
 - Loss of taste or smell
 - Shortness of breath
 - Muscle aches
 - Sore throat
- Some patients never have symptoms, yet have the disease.
- Severe response to infection can lead to significant lung and other organ dysfunction.

COVID-19 Vaccination

- Mid Coast Hospital began vaccinating front-line care workers December 17
- Starting to vaccinate other community healthcare partners such as non-employed medical staff, and community medical providers.
- Working closely with CDC on broader community vaccination plan.
- Vaccines:
 - Types (Pfizer, Moderna, others coming but no details)
 - Effectiveness and safety
 - Logistics (including two-dose delivery, storage, and clinics)



Staying Healthy this Winter

- Get a flu shot.
- Avoid gatherings.
- Wear masks and maintain distance.
- Contact Primary Care for needed screenings, acute and chronic care.

Resources

- **Maine CDC:** www.maine.gov/dhhs/mecdc/
- **Mid Coast Hospital COVID-19 Info Line:**
(207) 373-6699
- **Mid Coast Hospital COVID-19 Website:**
www.midcoasthealth.com/covid19

Thank you!

Questions?

