



Peaks COVID-19 Response Committee Updates and Bulletins

Peaks Island COVID Response Committee Fact Sheet #2 April 4, 2020

COVID 19 is here on Peaks. Please be Careful!

- Stay home
- Social distance when you have to go out
- Wear mask when out (new CDC recommendation)
- Wash hands frequently
- Do not go out if sick

If You Have Symptoms:

If you have minor symptoms and are wondering if you should be tested, **ALWAYS CONTACT YOUR PRIMARY CARE PROVIDER** for guidance. If you have no primary care provider or are a patient of Maine Medical Center call 207-874-2466.

- If you are instructed to go into town, go in a car with the windows rolled up. Protect yourself. Protect the crew. Protect other passengers.
- If you have serious symptoms, **CALL 911** to be transported into town on the fireboat.

Emotional Health Support Available:

The Peaks Island **Emotional Health Support Team** has formed that consists of islanders with a variety of skills and backgrounds. Members of the team are available for one-on-one phone support and have also organized two weekly online groups. "Mindfulness and Coping Strategies" meets on Thursdays, and "Writing For Health" on Fridays, both via Zoom.

If you want more information about one-on-one help or how to connect with our weekly groups, please contact Dorothy Cady at cady.dorothy@gmail.com or by calling (207) 653-0902.

If you are in an immediate crisis, please contact 911, National Suicide Prevention (800) 273-TALK, Maine Crisis Hotline (888) 568-1112, or Maine Family Crisis Services re Domestic Violence (207) 874-1973.

Seeking Volunteers to Provide Parenting Support:

The **Peaks Island Emotional Health Support Team** is looking for people to provide support to islanders juggling parenting responsibilities with all their other demands during this time. Support can be emotional, preparing meals, or other ideas. Contact Rafferty at 303-442-3947 or raffertyty@gmail.com"

If islanders are producing masks or have supplies that might be shared with neighbors, please post on NextDoor and/or Carol's List.

***Peaks Island Strong:
Neighbors Helping Neighbors***
