



PEAKS ISLAND COVID-19 RESPONSE COMMITTEE FACT SHEET # 1

Please read and share this important information about the coronavirus.

BASIC PREVENTIVE AND CONTAINMENT MEASURES

1. Stay home.
2. Maintain social distancing if you must go out (6 feet apart) in Hannigan's, the post office, and, most importantly, on the ferry.
3. Wear disposable gloves if you have them when in public spaces. Safely dispose of them after use.
4. Wash your hands frequently, especially before and after being in public places.
5. Wipe down your packages, food containers, etc.
6. Don't go into any public space if you are sick. Ask neighbors to shop for you/help you with errands.
7. Call your neighbors who live alone or could be vulnerable to check on them on a regular basis.

SIGNS OF THE VIRUS:

*Fever

*Cough

*Shortness of breath

If you have symptoms-

Call your healthcare provider or Peaks Island Health Center (207-874-2466). They will assess if you need to get tested or treated. Testing is of limited value and only done on the mainland. Don't expose yourself or others to the virus unnecessarily. If you are sick and go to town for testing, **go by car** with windows closed. (If you need to borrow a vehicle, call Dr. Radis at 207-318-6237. If necessary, he can also arrange for free ticket.)

If you are seriously ill, call 911 for safe transport to Portland. Do not go on the ferry.

FOOD PANTRY: The Peaks Island Community Food Pantry is open to all islanders who need food assistance, and is located in the Brackett Memorial Church and is open on Mondays at 3:30–5pm. Clients select one bag of groceries from the food pantry shelves each week and, as funds allow, we provide clients with a \$20 gift card to Hannigan's.

If you are unable to attend the food pantry during our opening hours or have any questions, please contact Susan Hanley, 207.332.2443 for assistance.

FOOD DELIVERY OPTION: Meals on Wheels is available to seniors on Peaks Island who apply and are accepted into the program through the Southern Maine Council on Aging. Contact Tookie Harris 732.306.8736 for more information.

This flier was compiled by the Peaks COVID-19 Response Committee. Watch for updates on NextDoor, Carol's List, posters and fliers intended to keep our community strong.

March 24, 2020