

# **TOWN OF LONG ISLAND, MAINE**

## **COVID – 19 UPDATES**

**DATE: March 27, 2020**

### **RETURNING ISLAND RESIDENTS/VISITORS**

We ask residents that are returning to the island from winter stays or vacations elsewhere to please notify the town ([selectmen@longislandmaine.org](mailto:selectmen@longislandmaine.org)) of your return along with a number where we can contact you with important Covid 19 information.

Again, if you are determined to return to the island, we urge you to bring your own food, pharmaceuticals and other needed supplies with you so as not to diminish the limited supplies available on the island as you self-quarantine for the recommended 14 days.

Please consider the risk you expose our community to by coming here. Our community has an aging population and our resources are stretched. We don't have the ability to help care for you if you get sick. You will have to go to the mainland.

It would be a great help to us if you stayed where you are right now. We appreciate you, and we look forward to seeing you when the pandemic passes.

### **MEETING CANCELATIONS & REMINDERS**

- Board of Selectmen, Thursday, April 2nd, Remote Access Meeting.
- Town Hall: Closed to All Public Business and Visitors at least until Tuesday, April the 14<sup>th</sup>.
- Wellness Clinic scheduled for Monday, April the 6<sup>th</sup> postponed.
- Physical Therapy Clinic scheduled for Wednesday, April the 1<sup>st</sup> moved for now to Wednesday, May the 6<sup>th</sup>.

- Taxes were due on March 15<sup>th</sup>. If you had not made payment by then, please contact Barbara Johnson at [taxcollector@longislandmaine.org](mailto:taxcollector@longislandmaine.org) for the revised amount due with interest. Please do not mail in without first checking with Barbara.
- All Long Island Beaches remain open for the time being. Please maintain your social distancing.

## **STATE OF MAINE/AREA UPDATES**

First, to stay up to date on the virus, please see the [Maine CDC web page](#). You can sign up for email updates. Additionally, Maine has launched a [211 option for Mainers to get answers](#) to questions about COVID-19 at any time. This service is available by dialing 211 (or 1-866-811-5695), texting your ZIP code to 898-211, or emailing [info@211maine.org](mailto:info@211maine.org).

The Greater Portland Council of Governments has [an excellent page](#) dedicated to all aspects of the Coronavirus response, including transit updates and tips on how to work remotely. Finally, [Volunteer Maine](#) may be able to connect you with an opportunity to help your fellow Mainer in need.

The [Southern Maine Agency on Aging](#) (1-800-427-7411) has [an excellent page](#) on what older Mainers need to know, including:

### **HOW TO SUPPORT OLDER ADULTS**

People of all ages can support older adults during this time. Many older adults depend on services and supports provided in their homes or in the community to maintain their health and independence. The CDC recommends that family members, neighbors, and caregivers:

- Know what medications your loved one is taking and see if you can help them have extra on hand.

- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently, and know the protocol if there is an outbreak.