

Fal River Health Center, LLC
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March 26th, 2020

Dear Fal River Health Center Community & Beyond,

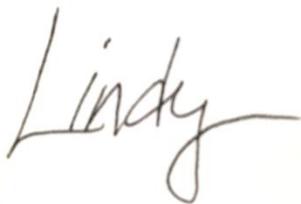
As of 3/24, Governor Mills implemented policies to restrain the spread of Covid-19. Life is changing day-to-day locally, nationally, and globally.

People are contacting me regarding Covid-19 testing in Maine. As promised, I am updating important information as I receive it. Below is a section from an email that I received from the Board of License in Medicine & Maine CDC.

The best preventive medicine is to take responsibility for your health and well-being. I strongly encourage extra sleep, quality nutrition, and to go outside to be in nature. As we learn more about Covid-19, we know that the virus can live prolonged periods of time on metal. Please remove rings, bracelets, etc., that could be a carrier of the virus. Consider switching to an easily cleanable alternative; Enso, Groove Life, and QALO make silicone rings and wedding bands.

Effective today, all appointments are being scheduled on Google Hangout Meet unless other arrangements have been made. If you already have an appointment scheduled, we will contact you about changing it to Hangout Meet. If you do not have Gmail and cannot set up an account, you can schedule a phone call with or without FaceTime. Please be in touch if you have questions or concerns. Often, a short phone call can alleviate worries about your health.

With hope for health to each of you and the global community,

A handwritten signature in black ink that reads "Lindy". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Lindy

From the BOARD OF LICENSE IN MEDICINE & MAINE CDC:

Important Information from Maine CDC

1. Testing at state lab (HETL). Maine now meets U.S. CDC's criteria for a Moderate level of community transmission. At present, a limited national supply of laboratory materials inhibits Maine's testing capacity. Therefore, consistent with U.S. CDC guidelines, Maine is now creating a prioritization system to test individuals in high-risk categories.

To preserve Maine's specimen collection and testing supplies for patients who may develop severe COVID-19 illness over the coming months, effective immediately, Maine Health and Environmental Testing Laboratory (HETL) will prioritize testing to high-risk individuals and will only accept specimens for testing from symptomatic individuals who have fever or respiratory symptoms and who fall into one of the following high-risk categories:

Tier 1:

- Those who are hospitalized
- Health care workers
- First responders (e.g., EMS Police, Fire)

Tier 2:

- Patients living in congregate setting (e.g., LTCFs, group homes, assisted living facilities, jails, shelters)
- Patients older than 60 years
- Patients with underlying medical conditions

Testing within these categories is likely to be prioritized further based on availability of laboratory materials. Presently the emphasis will be on groups within Tier 1. This guidance is in general accordance with the U.S. Department of Health and Human Services (DHHS) recommendations for prioritizing COVID-1 testing for individuals.