

Returning to Your Maine Home/Camp, Spring + Summer, 2020

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Welcome back summer residents! Please be aware that local residents are understandably wary of new arrivals in the area, as is our Governor¹ because of the coronavirus epidemic. We hope when you return again this summer that you stay healthy with us and enjoy the local beauty as well as help support our communities, as many of you regularly do.

Covid19 has changed the ways we have to do things this year. You must know the national and state statistics, but Maine as of April 21 has about nearly 1000 cases and 44 deaths; those numbers will probably continue to increase, at least for another 3-4 weeks and getting us to perhaps thousands of cases. Our local towns, like most in the country right now, are trying to do their parts in suppressing the Covid19 epidemic to delay the overwhelming of our medical systems and allow time for the discovery of effective medicines and eventually a vaccine in over a year or more. Our strategies are those you probably already have been doing as well, or better, at your winter residences. They are:

- Home/camp quarantine yourselves for 14 days upon arriving so as not to spread coronavirus before you have symptoms (fever >100°, cough, shortness of breath), so come with enough food and supplies (read toilet paper) to last that long if you can. Try to be conspicuous by your absence from public places; I'd suggest letting as many local people as possible know your plans, especially your commitment to absolutely staying home completely, not even shopping, for 14 days. If you need to shop in those first 14 days, call a local store to pack up, pay by credit card, and ask friends, neighbors or Neighbors Driving Neighbors (<http://www.neighborsdrivingneighbors.org/>) to pick up and deliver to you.
- "Social distancing", 6 ft or more apart everywhere from all others except your immediate family
- Washing our hands for 20 seconds with soap and water or >60% ethanol products frequently, especially when you have been out of your camp/home in public spaces.
- Masking with surgical or homemade masks when out and about to prevent inadvertent spread when asymptomatic
- Careful 24 hr quarantine or handling of mail and shipping carton surfaces to extract contents safely without coronavirus contamination
- Sheltering in your home even after your 14 days are up, except to get food, medical care, or other essential tasks, as we all must per our governor's April 2 orders.

- No short-term rentals likely per governor's directives
- Even if you are not coming from a high-incidence location, please be sensitive to local peoples' wariness about your arrival. Be conspicuous by your absence from public places and let as many people as possible know your plans and commitment to stay home altogether (meaning not even shopping) for a self-quarantine period of 14 days
- Groceries:

Flying Pond Variety (293-2916) has recently expanded their grocery stock and will take phone orders. You can pay over the phone with a credit card and staff will put your order in your trunk if you call from their parking lot when you arrive.

Large store groceries: Walmarts and Hannafords on Whitten Rd, Augusta, both will take order over the phone (Walmart) or on-line (Hannaford) for curbside pickup but the service is sometimes overwhelmed .

- Pharmacies: Walgreen's in Manchester has a drive-thru for prescription pick up, as do several other pharmacies. Now's the time to consider transferring your prescriptions to places with mail drive-through deliver.

I do weekly coronavirus Zoom conferences Saturdays at 10am; if your camp is in any of my towns, send me your email address, local town, phone number, and I will send you a weekly invitation to join. -dkocovid19@gmail.com.

¹ <https://www.mainepublic.org/post/watch-gov-mills-issues-stay-healthy-home-mandate>; Mills also indicated that Tuesday's executive order was partially motivated by concerns that people from out-of-state were flocking to Maine to flee the virus. Last week the governor asked the Maine Turnpike Authority to post electronic messages telling visitors that they should self-quarantine for 14 days upon arriving here, particularly if they arrived from states designated as COVID-19 hotspots, such as New York. The governor's new order, compelling residents to stay home unless getting essential items such as food and medicine, will also apply to visitors. Mills also hinted that more action aimed at curbing out-of-state visitors is forthcoming. NOW EXTENDED TO MAY 15, AND MAY WELL BE LATER