Islesboro Health Center (IHC) Update—“The Virus doesn’t move. We move the Virus.”
April 1, 2020

As of April 02, 2020
COVID-19 cases known on Islesboro:
<table>
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<tr>
<th>Persons tested by IHC</th>
<th>5 (all 5 negative)</th>
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<tbody>
<tr>
<td>Persons referred for mainland testing</td>
<td>3, (2 negative 1 pending)</td>
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Island Resources:

Food Assistance:
- Food Pantry, 2nd Baptist Church, hours 4-6pm (MWF) or call Pastor Trish at 734-2278.
- Community Care & Comfort Program, ICC - 734-8200.

Town Website, Coronavirus (COVID19):
for up to date information:
http://townofislesboro.com/town-office/covid19/

Request for Volunteers to help on Island:
Please let the Tom know if you are willing to volunteer and in what capacity. Contact Tom Tutor- Islesborovolunteercoordinator@gmail.com

Islesboro Health Alert
Islesboro residents and visitors are encouraged to plan ahead and insure they have at least a one, but ideally a 3 month supply, of all prescription medications, especially any inhaled medications. Please contact your Primary Care Provider and or Pharmacy to obtain refills as needed. Most local Midcoast Pharmacies will mail prescriptions for a small fee. Please call the Islesboro Health Center if you need assistance with prescriptions with the consideration it may take 48-72 hours for refill requests to be processed.

Consider preparing a home medical kit including a thermometer, over the counter medications such as Tylenol tablets or liquid for children, cough medication such as Robitussin or Mucinex (generic option is Guiafenesin liquid or tablets). If unable to obtain cough medications honey may be helpful although NOT recommended for use in children under the age of 1.

If you are unable to secure the above supplies please know the IHC does have a supply of these medications in stock for persons who may become ill. We will need to use our supply carefully to insure we can best meet our communities needs.

Reminder: Although the IHC continues to be busy preparing for Covid-19 the providers are available for urgent health Issues 24/7. Please call 734-2213 if you need assistance. There is an answering service for after hours calls to take messages and contact provider who will call you back. Be mindful if calling from a cell phone the provider may have difficulty getting through to you depending on your cell phone coverage. Landline is preferable if possible.

POST ON YOUR REFRIGERATOR FOR EASY REFERENCE