Islesboro Public Health Officer  
3/31/2020 URGENT MEMO

To All the People of Islesboro,

The public health team and staff of IHC are working 24/7 to ensure the safety of our island residents. It is imperative that we all act now to do our part to prevent further spread of COVID-19. For this reason, we have decided to strongly recommend the following:

If you are on island:

✓ We are asking you to stay at home.
✓ If you or one of your loved ones is sick, please call IHC at 734-2213. Do not come directly to the Health Center without calling first.
✓ We ask that you only travel to the mainland for absolute emergencies and necessities.
✓ Please understand that we have very limited resources on the island. No hospital, no intensive care capabilities, and no ventilators.
✓ If you or a loved one becomes critically ill, we are at the mercy of the weather, Life Flight and our state ferry crew. Getting a critically ill patient to a hospital could take several hours of precious time.
✓ Islesboro residents 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.

If you are not here but considering traveling here:

✓ If Islesboro is NOT your primary residence, we are asking that you stay at your home residence.
✓ If you choose to come to Islesboro, you will be adding to the strain on our already limited resources. While we understand this would certainly NOT be your intention, you may be putting your life and the lives of others at risk.

This virus doesn’t move. We move the virus.

With concern for you and yours,

Dorie Henning, FNP        Linda Wentworth, FNP        Owen Howell, PA-C
Public Health Officers, Town of Islesboro
Islesboro Health Center Providers