Date: March 17, 2020

Fellow residents of Corinth, there has been a lot of media coverage, questions and concerns surrounding the COVID-19 outbreak and the potential impact to our community. My job as the Local Health Officer for the Town of Corinth is to monitor potential health threats, whether animal related such as rabies, diseases related to rat infestation, or infectious diseases such as COVID-19.

I have spent (and will continue to spend) significant time studying information presented by the U.S. Centers for Disease Control and Prevention, Maine Centers for Disease Control and Prevention as well as several other resources. The information changes almost hourly as we learn more about this virus and how it spreads throughout the population. The Number of cases reported changes daily and sometimes hourly, both as more tests become available and as those who have been in contact with infected patients become tested themselves.

I assure you that critical infrastructure will remain in place, including but not limited to Fire, Emergency Medical and Law Enforcement response. Occasionally it may be necessary for those responses to be altered based on the reported complaint or symptoms. If you do call 911, please inform the dispatcher if you or anyone in your household has cold or flu like symptoms regardless of why you’ve called 911. The presence of those symptoms will not stop
responders, but will allow them to prepare prior to arrival. As you may or may not already know, Fire Chief Bragdon has requested that no one visit the fire station until further notice. This is in an effort to protect you and the responders.

The Town Office hours and methods of access may vary as we learn about virus transmission and prevention. I have been in regular contact with Select Board Chair Dow, and he with the rest of the board, about options to allow business to continue while protecting everyone. The Town Meeting has been postponed until we know more.

With the schools closed, we should all use the time with our children, grandchildren, etc. to teach household skills such as, folding laundry, balancing a check book, or perhaps raking the front lawn. The administration of RSU 64 has put together packets for students to help keep them busy in the coming days. If you have not seen the memos about the school food programs being offered, I would encourage you to visit the school's Facebook page for times and directions.

In closing I would like to remind everyone to check on their neighbors to make sure we all have what we need. Calling first is probably best as those neighbors most in need may be the most impacted by the virus. Attached is the latest information available from the CDC about symptoms and disinfection (3/17/2020). Please do not hesitate to reach out if you have any questions or concerns.

Chadwick Crooker
Local Health Officer
Town of Corinth
207-570-5682
Chadwick.Crooker@gmail.com
Watch for symptoms
Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2–14 days after exposure:

- Fever
- Cough
- Shortness of breath

*This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

**To disinfect:**
Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

**Options include:**

- **Diluting your household bleach.**
  To make a bleach solution, mix:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water
  - OR
  - 4 teaspoons bleach per quart of water

Follow manufacturer’s instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**
  Ensure solution has at least 70% alcohol.
- **Other common EPA-registered household disinfectants.**
  Products with [EPA-approved emerging viral pathogens pdf icon][7 pages] external icon claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).