

Summer Resident Association- March 19, 2020

Dear Summer Resident Association Members:

We at the Summer Residents Association want to assure you that we are monitoring the Coronavirus 2019 (COVID-19) pandemic and following recommendations provided by the Centers for Disease Control and Prevention (CDC) and Maine health agencies. As such, the SRA and Town of Mount Desert leadership are asking all in the community whether summer resident or year-round, to please follow these recommendations no matter where you are. We understand that many people desire to travel to Maine and MDI during this time due to the perception that this area may be preferred other than larger urban areas.

Please understand that while we welcome all, the CDC is urging all travelers to self-quarantine for 14 days and possibly longer as needed. The local community has strictly adhered to the CDC protocols, and we ask that each of you respect and abide by these safety measures. The resources on MDI are not robust and may not be able to manage a large influx of travelers from away. As with other states, most all restaurants and retail operations are closed for the next 14 days or longer, and area grocery stores are being stressed in both deliveries and inventory management, as are other resources in the community. Many retail and service providers that are remaining open have transitioned to phone requests, with customer orders fulfilled by store staff, and available for pick up outside the store. Please be sure to call ahead or view the respective website for a store etc. ahead of any travel, to be able to plan ahead. There may be local assistance to help with shopping as needed, by community members out of school or on work leave.

We are also seeing a significant number of folks arriving to enjoy the outdoors within Acadia National Park and other Natural Resource locations on MDI. The ANP Carriage roads are closed due to Mud Season due to the carriage roads being vulnerable to damage as the winter ground cover thaws and firms up for spring and summer use. Land and Garden Preserve carriage roads are open, as are trails. Please be very careful when out in these areas, as there remains ice in the wooded areas and very slippery conditions. With Medical facilities resources focusing on managing the larger public health issues at hand, we ask that everyone be mindful of your outdoor activities and be safe!

The SRA is also asking all our members and their circle of friends and family to please keep yourself and the community safe. If we all do our part to keep ourselves, our family, and community safe, as well be compassionate for others, we will come out of these challenging times a stronger and more caring community.

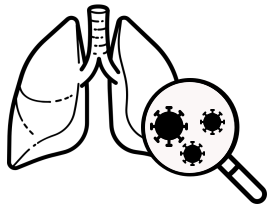
Thank you, and safe and healthy,

SRA BOARD

Maine Center for Disease Control and Prevention

2019 Novel Coronavirus (COVID-19)

Fact Sheet



2019 Novel Coronavirus (COVID-19) is a respiratory illness. It is caused by a coronavirus. The COVID-19 outbreak started in Wuhan City, China and since spread to many other countries.

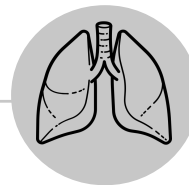
Common Signs and Symptoms



Fever



Cough



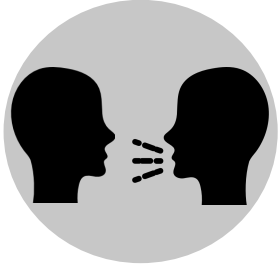
Shortness of Breath
and Trouble Breathing

Symptoms begin 2 to 14 days after exposure to the virus. Reported illnesses range from mild to severe. Severe disease can cause pneumonia, kidney failure, and death.



Call your healthcare provider if you have symptoms. Tell them about any recent travel and if you had contact with a known case. If you need medical care, please call the healthcare facility **BEFORE** you arrive.

Spread of COVID-19



- The virus spreads mainly from person-to-person. This happens when an infected person coughs or sneezes and can infect others within 6 feet of them.
- It may be possible that a person can get COVID-19 by touching a surface or object that the virus is on and then touching their own mouth, nose, or eyes. This is NOT the main way the virus spreads.

Prevention of COVID-19 for Travelers



Avoid contact with sick people.



Avoid animals (alive or dead) and animal products. This includes uncooked meat.



Wash your hands with soap and water.

You should also wash your hands for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available. If you have the above symptoms, you should call your healthcare provider.

There is no specific treatment for COVID-19. Most people recover at home.

For More Information, Visit:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

You can also call Maine CDC at 1-800-821-5821.