



To our Millinocket Regional Hospital Friends and Families—

We know that the evolving news about Coronavirus COVID-19 may be causing growing concerns.

Millinocket Regional Hospital and our associated physician offices and clinics are proud to be your choice for healthcare and your resource for health concerns. We want you to know that keeping our community – patients, families, staff, and visitors – safe is our highest priority.

Given the concern over the global spread of the respiratory disease COVID-19, we wanted to offer the following information for you and your family.

What is Millinocket Regional Hospital doing to prepare for Coronavirus COVID-19?

Our staff is well-trained in managing respiratory illness, has adequate supplies and is ready to care for anyone with a suspected or confirmed case of COVID-19. There is nothing more important than the safety of our patients, families and staff and we are working to ensure the well-being of those who depend on us.

If you or a family member has reason to be at the Hospital, one of our offices or clinics for an appointment, elective surgery, or other procedure, we want to assure you that we are taking all precautions to keep you safe. We are screening and will immediately isolate people that appear to have symptoms of Coronavirus. We are also keeping cleanliness a top priority across our campus, sanitizing clinical and public areas according to the most current recommendations.

We have masks and tissues available to you at our entrance and waiting areas, please use them if you are coughing and sneezing or have other respiratory symptoms. We also have hand sanitizers available throughout the hospital, offices and clinics.

How Do I Keep Myself or My Family from Getting Sick?

Currently, the risk of contracting Coronavirus COVID-19 for most people continues to be low. Influenza (the flu) continues to be widespread. The symptoms of both illnesses can be similar – fever, cough and difficulty breathing. Fortunately, there are steps you can take to help prevent the spread of both illnesses.

The best way to prevent infections is to avoid exposure. To that end, the CDC recommends these steps:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth, especially when out in public
- Avoid contact with people who are sick and stay home if you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue away
- Clean and disinfect “high touch” areas in your surroundings frequently using regular household cleaning spray or wipes
- The Centers for Disease Control and Prevention does not recommend the general public wear a mask to prevent COVID-19. Stocking up on masks could create a shortage for healthcare facilities, making it more difficult to safely care for patients.

When Should we See a Doctor?

When a new virus is circulating in the community, it is understandable that you might be more nervous than usual if you begin to experience symptoms of a respiratory illness. Know that most people infected with Coronavirus COVID-19 do just fine.

Even with COVID-19 having been detected in several areas in the US, most people with cold and flu symptoms (including fever, runny nose, nasal congestion, sore throat and cough) do not need to see their doctor or be tested for COVID-19. Rest, fluids and over-the-counter medications for symptom control are usually all that is needed.

Warning signs that should prompt a call or visit to the doctor for a respiratory infection are listed below. People experiencing these warning signs should obtain medical care right away.

Warning signs and symptoms for children:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

Warning signs and symptoms for adults:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures

- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

These lists are not all inclusive. PLEASE CALL YOUR MEDICAL PROVIDER for any other symptom that is severe or concerning.

What about Travel?

As the number of cases of COVID-19 continues to grow throughout the world, travel restrictions are changing rapidly. We recommend you continue to check the latest information on travel risk through the [Centers for Disease Control](#) and [U.S. State Department](#) websites. We are advising our patients against travel to a country with a CDC level 3 travel alert (currently Europe, China, Iran, and South Korea). For those patients who are elderly, have had transplants, are in treatment for cancer or are otherwise immunocompromised, we recommend against travel to any other countries in Level 2 (currently globally) or above.

Please be vigilant in keeping yourself and those around you healthy by taking appropriate precautionary measures.