

Town of China News - August 28, 2020

As part of China's Keep Maine Healthy 2020 Municipal COVID-19 Awareness Campaign, a member of our staff will be reaching out to China businesses to see if there is anything the town can assist with during these challenging times and share COVID-19 brochures. Our local businesses are a very important part of our community and their success helps promote the town's future. We will be your ally in the fight against the spread of COVID-19.

As schools reopen, residents are expressing concerns with how China can limit the spread. RSU 18 and Erskine Academy have worked feverishly to come up with a plan that minimizes risk. As students head back to school next week, we support those returning to school and those choosing to continue remote learning. Teachers, administration, and support staff are ready to help students learn and grow safely. Thank you to the residents that help support the youth in China by making masks and donating supplies to the schools.

I hope you find our weekly mailings informational. We care deeply about our community and want everyone to stay safe and healthy. Please contact the town office at (207) 445-2014 or by email at info@chinamaine.org if you have questions or need assistance.

Becky Hapgood
Town Manager

From MedHelp Maine -
MedHelp Maine is a 501(c)(3) non-profit established in 2000 to enhance Mainers' access to unaffordable prescription medicines.

With the rise of pandemic-related unemployment and the loss of employer-sponsored health insurance, the cost of care is now the primary reason patients say they are not managing existing medical conditions. Reports of patients ignoring life-threatening symptoms, cancelling diagnostic test, or even discontinuing chemotherapy or stretching out their supplies of costly insulin are not uncommon. New insurance options have been created, and programs that provide free or low-cost prescription medicines are now available for many previously ineligible individuals. Telling your doctor that you are having trouble affording their care is often the most important step patients can take. Maine Consumers for Affordable Health Care, 1-800-965-7476, can discuss insurance options that include subsidized marketplace plans and MaineCare. Medical practices can obtain needed medicines themselves or refer patients to one of Maine's 15 hospital-based prescription assistance programs that do medication access work on behalf of area physicians. Non-profit MedHelp Maine, 207-793-4462, can also direct callers to the best sources of help.

Martha Morrison, MedHelp Maine

www.medhelpmaine.org

medhelpmaine@gmail.com

207-793-4462

Remember, Many of The Things You Come into The Office for Can Be Done Online.

Motor Vehicle Registration Renewals at: SOSONLINE.ORG

Free Burn Permits at: WARDENSREPORT.COM



Registration renewals for ATVs, Snowmobiles, Boats & Hunting and Fishing Licenses at: MAINE.GOV/IFW/



Must be able to print license or registration

You can also check out the "Helpful Links" tab on our website! china.govoffice.com

REMINDER

Don't forget: The Town office will be CLOSED Saturday, September 5, 2020 and Monday, September 7, 2020. We will be open Saturday September 12, 2020 in place of the first Saturday of the month. The Transfer Station will be open Saturday, September 5, 2020 and closed as usual Monday, September 7, 2020.

Please remember to follow the mandates from the State of Maine regarding travel at this time.

"Swab & Send" Update

The following new sites are now open: Brunswick, Kittery, Norway, Damariscotta, Rockport, and Farmington.

How to Protect Yourself & Others from COVID-19

From the CDC: Updated July 31, 2020

Older people who have severe underlying medical complications like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19. Follow these steps to ensure you and your loved ones are protected: Know how it spreads – This virus is thought to spread mainly from person-to-person, it is best to maintain a six foot distance from others. Avoid close contact with others. You should wash hands often. Wash your hands often with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover your mouth and nose with a mask when around others. Everyone should wear a mask in public settings and when around people who do not live in your household. (Masks should not be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.) Always cover coughs and sneezes and immediately wash your hands. Clean and disinfect frequently touched surfaces daily. Clean surfaces with soap and water and then follow with disinfectant.

If you or someone you know is having difficulty coping with stress, please refer them to the following link:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Town Office Hours

Monday	7:30 - 4:00
Tuesday	7:30 - 6:00
Wednesday	7:30 - 4:00
Thursday	7:30 - 4:00
Friday	7:30 - 2:00

Saturday: The first Saturday of the month 8:00 - 11:00

For General Info on COVID - 19:

Call 211

Text your zip code to 898-211

Email

info@211maine.org

For the latest number of COVID-19 cases in Maine, public health guidance and resources visit:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/index.shtml>

To receive updates on Maine's response to Covid-19 text MECOVID to 898-211 to sign up

For out-of-state visitors

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml#quarantine>

To find a testing site near you

<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Swab and Send Locations

<https://mainehealth.org/coronavirus-covid-19/swab-and-send>

For a complete and frequently updated list of COVID-19 testing sites in Maine, visit:

[Get-Tested-COVID19.org](https://www.get-tested-covid19.org)