

April 13, 2020

Dear Patients,

It's been one month since Friday, the 13th of March. That date will be forever etched into my memory as the day that life changed due to the COVID19 pandemic. On that day, in just a few short hours, I learned that schools were closing, extracurricular activities were postponed, large gatherings were prohibited and that how I see patients at the office was going to need to drastically change. The precautions seemed drastic but necessary. Now it seems like I am settling into a new normal. Wearing masks in public now seems normal and when I see someone without one I wonder why they are not heeding the CDC's recommendations. Keeping six feet or more of distance from someone seems normal. And having my kids home and doing schoolwork each morning seems normal (well, sort of!). I am surprised by how quickly my perception of "normal" has changed. There are aspects of my new life that I enjoy, such as having more time with my family and not having to rush to get my boys on the bus in the morning. However I will quickly admit that I miss seeing people in person and giving and receiving hugs!

At the office I have adopted a new routine. Generally I arrive around noon and stay until 3 or 4pm. I continue to see my youngest pediatric patients who are in need of vaccines and hold virtual visits for most everything else. Page is home working hard to keep her children on track with school and Jordyn is popping in a few times a week to help me out. Fortunately, you all have remained exceptionally healthy this past month so kudos to you for taking such good care of yourselves!

If you are wondering what to do if you feel you have symptoms that could possibly be due to COVID-19 here are the basics...

1. Self-quarantine: The first step is to self-quarantine and then get in touch with me.
2. Testing: Several patients have inquired about being tested for the virus but tests are still in limited supply and are being reserved for patients who are hospitalized and/or healthcare workers with symptoms.
3. Treatment: although there is a lot in the media about the use of Hydroxychloroquine, the national supply of this medication is low and it is currently being reserved for use in the hospital. As of now, treatment in the outpatient setting is entirely supportive meaning, drink lots of fluid, get rest and eat a healthy diet.
4. If you have symptoms you need to stay quarantined for a minimum of seven days from the onset of symptoms and for at least 3 days after symptoms resolve (assuming that this is longer than the initial 7 days).

I am following the progression of COVID-19 in Maine very closely do feel that our efforts towards social distancing are making a difference. We are not yet seeing community transmission in Hancock county and the number of ICU beds available in the state remains favorable. I appreciate all of the efforts you have been making. I have had several patients drop off N95 masks, other patients making

fabric masks which I have also been able to pass on to those who need (I still have a few left if you are in need!) and another patient is using a 3D printer to provide devices for healthcare workers to reduce the pressure on their ears from wearing masks for extended shifts. Thank you for all that you are doing! Mother Theresa once said, "I can do no great things, only small things with great love." I thank you all for the "small things" you are doing as we embrace our new normal. Together we will come through this and see the other side.

With love and care,

Christy Seed