

# Neighbors

**Stay safe and help our neighborhood!**

## **PREVENT SPREAD**

Please be aware that our neighborhood has many high risk adults and children. We are all limiting our out of the home activity to picking up take-out food and walking outdoors keeping a safe distance (6 ft) from others. If you have been exposed to COVID 19 or have left an area with widespread, ongoing community spread please remain at home for 14 days and are symptom free. *visit the [U.S. CDC's travel information page](#) for guidance.*

Carry hand sanitizer with you if you leave home and use it before touching any hard surface. Remember, every time you touch a hard surface someone else may have touched it.

**IF YOU ARE HAVING SYMPTOMS** (fever, cough, shortness of breath) or think you may have been exposed to COVID-19, call your primary care provider's office. If you do not have a primary care provider, reach out to Mount Desert Island Hospital **Coronavirus Call Center at 207-801-5900** or Southwest Harbor Medical Center **244-5513**.

Calling ahead helps their dedicated health care professionals provide the best possible care and protects those in our community who are most vulnerable.

## **IF YOU NEED HELP**

Groceries can be obtained at Southwest Food Mart. They will deliver if you are self-quarantined and or exhibiting symptoms. Call 244-5601.

Carroll's Drug Store 3 Village Way in Southwest Harbor is closed for shopping but will shop for you and arrange a pick-up time at their walk up window. They will also arrange delivery for the elderly or ill. Call 244-5588. New patients call 244-5588.

Mental Health Support line 1-866-771-9276

See Facebook MDI Helpers: Pandemic Response

OR on line <https://www.mdircr.org/> both sites are updated daily!!

## **HELP OTHERS**

Social distancing is very hard so make a point to call your neighbor and check in!