

Resources for Coping with the COVID-19 Pandemic - Camden-Rockport Maine Region



We hope this local, state and national resource guide will help our community navigate this pandemic. We've tried to assemble up-to-date information for the many organizations who have changed their services due to COVID-19 (the new coronavirus). The guide was last updated on 4/3/20, and will be updated weekly by susan.conover@fivetowns.net.

Please be assured that as this situation evolves, post offices, medical services, pharmacies, grocery stores, gas stations, and other essential services will remain open. Additionally, providers of water, electricity, natural gas, and telephones have been required by the State of Maine to maintain services, regardless of payment, during the COVID-19 crisis.

We advise you to stay home as much as possible, get groceries only once per week, wash hands and surfaces often, and take extra precautions at work or in public. Act as if you and everyone near you may be infected. The public health focus is now less about testing, and more about hospitals caring for those who are most sick. Take care of yourself and one another. Ask for what you need; share and give. With an abundance of caution and care, our community will get through this.

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COVID-19 Symptoms

- The primary symptoms are: fever, coughing, and shortness of breath.
- While we are still learning about this new form of the coronavirus, it is currently thought that in about 80% of cases, the symptoms are fairly mild.
- People can be asymptomatic, have, and transmit, COVID-19.
- About 90% of people with symptomatic COVID-19 will have a fever.
- It appears that COVID-19 poses no significant mortality risk in children.
- Nearly 40% of adult COVID-19 hospitalizations in the U.S. are of 20-54-year-olds.
- It can be life-threatening, especially for those with additional health issues, or people over 60—sometimes leading to severe pneumonia with respiratory failure and septic shock.

Health Precautions

Governor Mills Executive Order, effective 12:01 a.m. on April 2, 2020 until at least April 30, 2020 - Stay Healthy at Home directive that requires people living in Maine to stay at home at all times unless for an essential job or an essential personal reason, such as obtaining food, medicine, health care, or other necessary purposes. Persons traveling in private vehicles shall limit passengers to persons within their immediate household, unless transporting for medical necessity.

- When in public, practice “physical distancing”: stay at least 6 feet away from others and always avoid touching. Particularly avoid close contact with those who are sick.
- If you have to sneeze or cough, cover your mouth and nose with a tissue or sleeve, or into your elbow (not into your hands).
- Wash hands often with soap and water for at least 20 seconds, scrubbing each finger, thumb, the palm, the back of the hand, and under fingernails.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains 60-95% alcohol and rub your hands until dry.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces daily.
- If you are sick, practice diligent social isolation, but if you *must* go out, wear a mask.
- Healthcare workers, first responders and essential workers should take extra precautions.
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Finding updated information on COVID-19

Knox County Emergency Management Agency: (207) 594-5155; 301 Park St, Rockland.
www.knoxcountymaine.gov/ema

Maine Health and Human Services Hotline: Dial 2-1-1 (or 1-866-811-5695), Get answers about COVID-19 anytime by calling or texting your zipcode to 898-211, or e-mailing info@211maine.org

Maine Center for Disease Control & Prevention: (207) 287-8016
www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml

United States Centers for Disease Control and Prevention: 1-800-CDC-INFO (1-800-232-4686)
www.cdc.gov/coronavirus/2019-ncov/index.html?s_cid=bb-coronavirus-2019-ncov-NCIRD

World Health Organization: www.who.int/emergencies/diseases/novel-coronavirus-2019

Medical Concerns and Testing

Pen Bay Medical Center: (207) 301-8000. <https://mainehealth.org/pen-bay-medical-center>.
6 Glen Cove Drive, Rockport.

Pen Bay Medical Center has opened an Acute Respiratory Care Center at the hospital for addressing COVID-19. It is open 9AM-4PM.

If you suspect you have COVID-19:

- Call your primary care provider to discuss a referral to the Acute Respiratory Care Center.
- If you do not have a primary care provider, call the hospital at (207) 301-8000 and ask to speak with the Acute Respiratory Care Center.
- If it is after-hours, call your primary care provider to reach an on-call doctor, call the Emergency Room at (207) 301-8315, or call 9-1-1.

If you need to go to the Emergency Room for suspected COVID-19 symptoms:

- If possible, before your arrival at the ER, call the ER at (207) 301-8315, or call 9-1-1 and let them know you have concerns that you may have COVID-19.
- If you call an ambulance, tell the 9-1-1 dispatcher that you have COVID-19 concerns.
- If you need to go to the emergency room immediately, just go. Tell them when you arrive.

Pen Bay Medical Center's Emergency Department staff will not refuse treatment to anyone, regardless of ability to pay for services.

Suspending non-urgent visits: Maine Health has suspended all non-urgent procedures and office appointments. Visitor Policy: Pen Bay Medical Center is limiting hospital visitation, and all visitors will be screened with a set of health questions upon entrance; for full details: <https://mainehealth.org/pen-bay-medical-center/patients-visitors/visiting>

Maine Family Planning: (207) 922-3222. Financially accessible, non judgemental reproductive health care. People also sometimes use Maine Family Planning as primary care providers. Maine Family Planning is seeing patients by appointment, providing services and support, but no walk-in appointments or online booking are being offered currently. They are offering some online telehealth services, will attempt to refill any prescriptions, and are "committed to providing you with excellent, reliable sexual and reproductive health care while dealing with the COVID-19 pandemic in our communities. We are doing all we can to meet patient needs at this time." Call

(207) 922-3222 to see how they can help you and to make an appointment.

<https://mainefamilyplanning.org/our-services/covid19/>

Knox County Health Clinic: (207) 301-6996 info@knoxclinic.org <https://www.knoxclinic.org/>

A volunteer-based non-profit providing free/low cost medical, dental, prescription assistance, mental health and wellness services to the uninsured and underinsured in Knox County, plus our border towns. Our **Medical Program:** We have switched to a phone and telehealth model until May 1st - Patients may call the medical clinic at 301-6991 to leave messages regarding appointments, medication refills or other health concerns, including flu-like symptoms. Wednesday evenings in person medical clinics have been cancelled through May 1st but call 301-6991 for help. The Knox Clinic: 22 White Street, Rockland; **The Dental Clinic:** 1019 Commercial St. Rockport. Our hygienist offices are closed for the time being. Health and Wellness Program: All group support sessions have been cancelled. Limited telephone support may be available for current clinic patients. **Prescription Assistance:** This program will continue as before, minimizing face-to-face contact, and limiting medication pick-up to specific times.

Free Testing Costs: A law was passed by the federal government that makes COVID-19 testing free for all, regardless of insurance status. However, a shortage of testing kits persists. Additionally, Governor Mills had previously made an “insurance emergency order” and the state has committed to cover COVID-19 testing for those with Mainecare. However, the cost of treatment is still not necessarily covered by all insurance plans. If you are concerned about treatment costs, speak with the Knox County Health Clinic, or inquire about a waiver at Pen Bay Medical Center.

State of Maine Civil State of Emergency Declaration

On March 31, 2020 Governor Janet Mills issued a series of substantial new mandates to protect public health and safety in the face of COVID-19, including a Stay Healthy at Home directive that requires people living in Maine to stay at home at all times unless for an essential job or an essential personal reason, such as obtaining food, medicine, health care, or other necessary purposes. The Executive Order in effect at 12:01 a.m. on April 2, 2020 and will last until at least April 30, 2020. The Governor may amend, rescind, or renew this timeline at her discretion. The Governor also extended the closure of restaurants and bars statewide for dine-in customers until at least April 30, 2020 to align with the 3/31/20 Executive Order. [Link to 3/31/20 Executive Order](#)

Camden/Rockport Municipal Resources

Rockport Town Hall: [Rockport Town Office is closed to the public until April 8.](#) Staff will be available to answer calls Monday-Friday 8AM-5:00PM: Town Clerk (207) 236-9648. If you are a Rockport resident in immediate and dire need of economic assistance, food vouchers, or rent checks due to the COVID-19 pandemic, call the General Assistance Office at (207) 236-0806 X3, or (207) 236-9648. The Town has expanded General Assistance support for those in need at this time.

General municipal updates can be found on the Town's website, in local media, as well as the Facebook pages for the Rockport Maine Police Department at https://www.facebook.com/Rockport-Maine-Police-Department-104172924492313/?modal=admin_todo_tour , and Town of Rockport Maine at https://www.facebook.com/rockportmaine/?eid=ARD844UDrxfgJUXQkXLMkosVOW3Pcq249B27L3n1RZMcyjPzvMppLcYRHxEDBPkWBtkzKDt0mUie2AA_A

Rockport Public Library: The Library is closed but has many digital services available for free online, and will be hosting Youtube events. Do not return borrowed material until they re-open. Wi-Fi is available in the Library's parking lot. Staff is available to answer questions M-F, 9-5:30 at (207) 236-3642, on Facebook <https://www.facebook.com/Rockport-Public-Library-45857849431/>, or e-mail: blackmonben@rockport.lib.me.us

Camden Town Hall: Camden Town Hall is closed to the public indefinitely pending guidance from the State. However, we will still conduct services remotely. Staff will be available to answer calls Monday-Friday 7:30 am to 3:30 pm at 207-236-3353. If you are a Camden resident in immediate and dire need of economic assistance, food vouchers, or rent checks due to the COVID-19 pandemic, call the General Assistance Office at (207) 236-3353 ext 7121.

The Camden Public Library - <https://www.librarycamden.org/> The Camden public library is currently closed until further notice. LibraryFree films on Kanopy with your library card. Check the website for a list of free, fun and informative online resources for adults. Discover Cloud library- the Maine Infonet Download library. Check out the fun and interesting content we post on Facebook. <https://www.facebook.com/camdenpubliclibrary>

Contact Camden or Rockport Town Offices: In addition to making policy to protect public health, the Town is looking into creative ideas to help reduce harm in our community during this crisis. Your input and concerns are welcome.

Contact Camden's website: www.camdenmaine.gov

Town Manager, at acaler-bell@camdenmaine.gov

Contact Rockport's website: www.rockportmaine.gov

Town Manager, at wpost@rockportmaine.gov

Regular Town meetings and Town Committee meetings are cancelled until further notice. Select Board meetings are done via ZOOM and livestream.

The Camden/Rockport Transfer Station - <http://www.midcoastsolidwaste.org/>

Hours - Tuesday - Saturday, 8:00 - 4:00. No recycling with the exception of cardboard ONLY. All other recycling goes into a yellow trash bag and into the hopper.

Five Towns School District

Schools are closed. They will reopen when Governor Mills removes the state of emergency, unless local conditions dictate otherwise. The schools are currently closed through May 1st.

Each teacher is providing materials and connecting with students online to maintain their education during the closure. Contact teachers or individual schools for more information.

Primary Contact: Extended Closure Support Line (207) 236 -7800, ext. 3699. Please leave a message and a school representative will get back to you as soon as possible.

Five Town CSD & Camden Rockport Schools Districts (207) 236-3358
School Union 69 (207) 763-4262
Camden Hills Regional High School (207) 236-7800
Camden-Rockport Middle School (207) 236-7805
Camden- Rockport Elementary School (207) 236-7809
Appleton Village School (207) 785-4504
Hope Elementary School (207) 785-4081
Lincolnvile Central School (207) 763-3366

Childcare

Provide childcare at home with a member of the household if possible.

As our community rapidly tries to meet the needs of working families with children home from school, please keep in mind that while children are not at high-risk of harm, they can potentially spread the virus quickly around the community. If in-home childcare is not possible, choose one person or family to provide childcare for the duration of the pandemic. Playdates and sleepovers are discouraged. Use daycares only if that is the only option available for your household, and be prepared for daycare closures. Keep your child home if they show any symptoms of COVID-19 (fever, cough, shortness of breath). Do not return your child to group settings until they have been free of symptoms for 72 hours. Keep updated on the best practices.

Daycare

Find a daycare setting with a small number of children. Do not send them to daycare if they're sick. The daycare providers should be frequently wiping down toys, especially plastic ones, with disinfecting cleaners like Clorox wipes or a bleach solution. Refer to the CDC website for current cleaning practice recommendations.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html>

Food

Camden Rockport Schools are providing meals for school families that sign-up for this service in the towns of Camden and Rockport. The link to sign up is [here](#). Currently those meals are being delivered by bus.

Union #69 families will be provided meals through the K-8 schools in each town and should reach out to their local school.

Camden Area Food Pantry - <https://www.camdenareachristianfoodpantry.org/>

(207) 236-9790. Serves Camden, Rockport, Hope, Lincolnville, Appleton, Union, Washington and Searsport. Please call before visiting to make certain we are there. Located at 128 Mt. Battie Street, Camden. Open Tuesday 8:00AM - 11:00AM and Thursday 4:00PM - 6:00PM. All are welcome.

Area Interfaith Outreach Food Pantry (AIO): (207) 596-1043; email@aiofoodpantry.org
70 Thomaston St., Rockland. Monday, Wednesday, Friday 9:30AM – 12:00PM; Wednesday 5:00 – 6:30PM. One visit per month. Pre-packed bags of non-perishable food, according to family size. Stay in your vehicle, food will be brought to you. In the parking lot, a volunteer will ask for your name, town of residence, and family size. Please show ID. Clients will be given a number, asked to stay in the vehicle, and line up to receive bags of food. Clients will be served in their vehicle when their number is called. Toilet paper, toothpaste and soap from One Less Worry will be included.

WIC (Midcoast Maine Community Action): Appointments over the phone, checks will be mailed. Make sure they have an up-to-date phone number for you. Call or text: (207) 319-04757 or e-mail sarah.lash@mmcacorp.org. 7 Union St., Rockland. <https://midcoastmainecommunityaction.org/>

Thomaston Food Pantry (Serves all of Knox County): 246 Main St, 2nd floor, (207) 354-6004. www.thomastonfoodpantry.org; Tues and Thurs 9-11AM

Rockland Salvation Army: (207) 594-5326; 27 Payne Avenue, Rockland. Inside of the building will be closed. USDA Food Boxes available Tuesday and Thursday 10AM-1PM (Ring doorbell); Fresh rescue room items pre-bagged W-F 10-1, Saturday 10-12; All other social services by appointment. Call Captains Shannon or Keith Davis to schedule: (603) 974- 3872; (603) 974-3873.

Free Meals:

Saint Bernard's *Bagged* lunches, M-F 11:30 AM-12 PM, 150 Broadway Ave., Rockland (207) 594-5204

Saint Peter's Episcopal Church Loaves and Fishes Soup Kitchen: Weekend *bagged lunches to go*; Saturday 12:30; Sunday 1:00; 11 White Street, Rockland (207) 594-8232

Meals on Wheels for Seniors 60+ MCH Rockland Kitchen Manager (207) 594-2740

Stores Offering Shopping Hours for Seniors 60+, People with Disabilities, Immunocompromised, Pregnant and other potentially vulnerable people:

Camden and Rockland Hannaford: Tuesday-Thursday, 6-7AM. Stores close at 9PM.

Shaw's: Tuesdays and Thursdays, 7-9AM. The store now closes at 8PM.

Walmart: Tuesdays, 6-7AM. The store now closes at 8:30PM.

Ocean State Job Lot: Tuesday and Thursday 8AM - 9AM. Store closes at 7PM

Maine Farm Directory of Direct Food Pickup and Delivery: Many farms across Maine have added alternative ways customers can obtain farm products to accommodate for social distancing: https://extension.umaine.edu/agriculture/farm-product-and-pickup-directory/?fbclid=IwAR0cq_uBAWtWENm---aI1MbYiP-6M0mqU_QkTv7yZQfwIjmTku3fy-DiLjtg

Maine's Working Waterfront-Seafood Connect: "In the midst of everything happening in the world, the fishing community has been hit hard. With seafood distributors and restaurants closing their doors, we connect you with the fresh seafood you're looking for at an "off the boat" price. You need food- We need to unload traps-Let's connect." Oysters, lobsters, crabs, etc. Mostly in Rockland, Thomaston, Belfast.

https://www.facebook.com/Maines-Working-Waterfront-Seafood-Connect-109503980681535/?_tn=%2C%2CP-R&eid=ARBRJcyUAhDFeM3CADqrRZnewqZW4fyBM3EU0us-jiX1V9ep5ArlDqBiMVyOgQcsP8rjFLNxBdV4

Working list of mid-coast -area restaurants, café and bars offering take-out and delivery:

<https://www.penbaypilot.com/article/working-list-all-midcoast-bars-restaurants-and-delivery-services-offering-food-alcohol/131938>

Housing

Knox County Homeless Coalition: Rockport Campus: (207) 593-8151

The Landing Place: (207) 466-9285. Reach out by phone first rather than physically dropping in. Many life-saving support services will be available to those who need it by contacting a Case Manager via phone. Hospitality House Family Shelter has suspended visitation both to the shelter and the Welcome Center until further notice. Participants of the shelter may only leave for essential needs such as employment. The Landing Place Drop-In Center is closed. Call The Landing Place staff for virtual support. Online donations are encouraged, but clothing, furniture and household items are NOT accepted until further notice. Needs for food or goods should be put in a request through a case manager by phone. Van transportation is suspended. Every effort will be made to accommodate emergency and employment transportation needs through other means. www.homehelphope.org

Financial Assistance

Maine People's Alliance Covid-19 Community Assistance Fund: <https://mainerstogether.com/>

Bartender Emergency Relief Foundation: <https://www.usbgfoundation.org/beap>

Small Business Emergency Assistance: The U.S. Small Business Administration (SBA) has said that Maine small business owners can begin applying for these loans. Apply for Economic Impact Disaster Loans at www.sba.gov/disaster. An SBA toll-free line has been established to answer questions at 1(800) 659-2955.

Tax Day: The Federal Government and the State of Maine have moved Tax Day to July 15, 2020, this year.

Mortgage Relief: Visit your home lender on-line. The federal government and states are starting to step in to provide protection for homeowners and renters. These initiatives are in their early stages and will be kept updated as COVID-19's economic impact spreads.

<https://www.maine.gov/labor/covid19/>

Student Debt Relief: Borrowers with a federally-held student loan can request to have their payments suspended for at least 60 days, or let it be automatically suspended. FMI: <https://studentaid.gov/announcements-events/coronavirus>

Domestic and Sexual Violence Support

New Hope for Women: Domestic violence helpline remains open 24/7: 1 (800) 522-3304. New Hope for Women offers non-judgemental advocacy, support as well as legal assistance for those who are victims/survivors of domestic violence, dating violence, and stalking. www.newhopeforwomen.org/ “To all of the victim-survivors that will likely be disproportionately impacted by the coronavirus/COVID-19 pandemic: We see you. You Matter. We are here for you.”

Statewide Domestic Violence Helpline: 1 (866) 834-4357; www.mcedv.org. Information, crisis counseling, emotional support and advocacy.

Sexual Assault Support Services of Midcoast Maine: 24/7 Helpline: 1 (800) 871-7741; texting M-F 8AM-5PM; <https://www.sassmm.org/>

Local COVID-19 Facebook Groups

Five Town Samaritans (Covid-19). Provides connection resources to 5-towns residents (Camden-Rockport-Lincolntonville-Hope-Appleton) who require assistance during the COVID-19 outbreak and quarantine. A neighborly way to offer help to community members who may not have the resources in their networks to get important help and support outside of official sources. <https://www.facebook.com/groups/FiveTownSamaritans/>

Midcoast Care Collective. Mobilizing collective response to needs in the Midcoast Community. Ask for help, offer help. Crowdsourcing needs for food and resources, virtual educational resources, opportunities for online social connection, mental/physical/emotional/spiritual health support, and updated information on various community organizations. <https://www.facebook.com/groups/517135442496135/>

Midcoast Maine Helpers. Crowdsourcing for local needs and support, such as childcare, food, toilet paper, diapers, mental health, rides, money, etc. <https://www.facebook.com/groups/631981134013798/>

Transportation

Concord Coachlines: Effective March 28, 2020, Concord Coach Lines will suspend all operations until further notice <https://concordcoachlines.com/>

DASH Bus, Midcoast Public Transportation: Beginning on Wednesday April 1 and lasting until April 29th, or further notice, the service will not be traveling a set route and time schedule as

usual. Instead, the service will be responding to individuals needing to get to essential services such as shopping in town.

The service will be available for in town trips in Rockland and Belfast on Mondays, Wednesdays and Fridays each week from 8:00 a.m. to 4:00 p.m. All trips will be scheduled on a first come, first serve basis according to demand and available resources. To reduce risk of COVID-19 transmission through monetary transaction, this temporary service will be without charge to passengers.

To schedule a pickup or for more information, please call customer service at (207) 338-4769, Monday through Friday from 8:00 a.m – 4:00 p.m.

<https://midcoastpublictransportation.org/index.php/rockland-dash>

Workers' Rights/Unemployment/Paid Sick Leave

Unemployment: File a claim here: <https://reemployme.maine.gov>* or call 1 (800) 593-7660 Monday-Friday, between 8AM-12:15PM.

For steps on how to file;

<https://www.newscentermaine.com/article/money/how-to-file-for-unemployment-in-maine-if-your-job-has-been-affected-by-coronavirus/97-cc9d3527-46b6-486d-a08a-91a0c9fb07a5>

Maine Department of Labor Unemployment Insurance FAQs about COVID-19:

https://www.maine.gov/labor/news_events/article.shtml?id=2241241

Maine Department of Labor COVID-19 page at www.maine.gov/labor/covid19/

Maine Department of Labor website: <https://www.maine.gov/labor/>

If an individual needs to have a password reset (the usual reason for being “locked out” of an account), the best route is to call the CareerCenter staff at Centers where they can now help with the resetting: Augusta, Bangor, Northern Kennebec Valley, Lewiston CareerCenter, Presque Isle, Portland and Rockland (for phone numbers, visit: www.mainecareercenter.gov)

Maine AFL-CIO: (207) 622-9675. Will help with questions about accessing unemployment insurance if you are unable to reach the Maine Department of Labor. <https://maineaflcio.org/>

Paid Sick Leave: The Federal Government which mandates certain employers temporarily offer paid sick leave to employees in certain situations related to COVID-19. Refer to the link for qualifications and updates. <https://www.dol.gov/agencies/whd/ffcra>

You might qualify for the temporary sick leave expansion if you:

- Work for the government, or for a company with fewer than 500 employees. You may be eligible for two weeks of sick leave at your regular pay rate to either quarantine, or to seek a COVID-19 diagnosis or preventive care for yourself.

- You will also be eligible for two weeks of paid sick leave at no less than two-thirds your regular pay rate if you are caring for a family member with a COVID-19 diagnosis, or for a child whose school or daycare has closed as a result of coronavirus concerns.
- Full-time employees will be entitled to 80 hours worth of paid sick time. Part-time employees will be entitled to the number of hours they normally work in a two-week period.
- Additionally, an expanded Family and Medical Leave Act will provide government employees and those who have worked for companies with fewer than 500 employees for at least 30 days with 10 weeks of emergency paid leave to care for children whose schools or daycare facilities were closed.

Who is excluded?

1. The Department of Labor will be allowed to exempt businesses with fewer than 50 employees from providing workers with paid emergency leave “when the imposition of such requirements would jeopardize the viability of the business.”
2. Companies with more than 500 employees are excluded from the paid leave mandate.
3. Quarantined workers, or those who were caring for afflicted family members, will not be eligible.
4. Healthcare providers and other first responders can also be excluded.
5. **What does it mean for a business?**
6. Companies with less than 500 employees will pay the costs of paid sick and emergency leave upfront, but will later be eligible for reimbursement tax credits from the government. For paid sick leave wages provided to employees who must quarantine because they are sick with COVID-19 or are trying to obtain a diagnosis, companies will be reimbursed up to \$511 per employee per day. For paid sick leave wages provided to employees caring for loved ones, employers will be reimbursed up to \$200 per worker per day. Self-employed individuals are also eligible for the reimbursable tax credits. Companies with less than 50 employees who wish to apply for an exemption to the paid leave mandate because they think it would “jeopardize the viability” of their business will be able to reach out to the Department of Labor.
7. Full text of the law:
<https://www.congress.gov/bill/116th-congress/house-bill/6201/text/enr>

Court/Jail/Legal

Pine Tree Legal Assistance: Our mission is to ensure that state and federal laws affecting poor people are upheld, while also addressing the systemic barriers to justice faced by Mainers with low incomes. Pine Tree Legal Assistance provides free civil legal assistance “in cases where it can make a difference in one’s ability to meet one’s basic human needs or in enforcing one’s basic human rights, including access to housing, food, income, safety, education, and healthcare.” If your court case is an emergency or concerns the safety of you or someone you know please visit <https://ptla.org/covid-19> for answers to many of your concerns during this pandemic.

Maine Equal Justice: 1 (866) 626-7059. Nonprofit civil legal aid and economic justice organization working to increase economic security, opportunity, and equity for people in Maine. <https://maineequaljustice.org/people/covid-19-resources/>

Maine Department of Corrections: For current information refer to: <https://www.maine.gov/corrections/>

From Knox County Sheriff Tim Carroll: The Knox County Correctional Facility has suspended contact visits, fingerprint collections, all new Civil Process, non-emergent matters that can be handled by phone first. All meetings will be conducted by phone if possible. In person meetings will be conducted outside if possible. Knox County Sheriff's Office: 301 Park St., Rockland; (207) 594-0429; Knox County Correctional Facility: 327 Park St., Rockland; (207) 594-0430
<http://knoxso.com/>

State of Maine Judicial Branch: Most courthouses remain open to the public. You should go to a courthouse only if you are required to be there, or if you are seeking protection from abuse or harassment. If you have questions about whether you should go to a courthouse, please call 207-753-2999. For updated information regarding court and COVID-19 please refer to: <https://www.courts.maine.gov/>

Knox County Probate Court: The Knox County Courthouse will be closed to the public for thirty days, beginning Tuesday, March 17, 2020. During this time, Probate staff will still be in our office during regular business hours and can assist you via phone or via email. For submitting documents to us, you can send them by mail or drop them off using a drop box inside the main entrance of the courthouse on Union Street. You will need to go through entry screening like normal, and then you will be able to get to the drop box. During this closure, **Probate is closed to processing Passports**. Please do not drop off passport applications - we cannot process them at this time. If you need a passport before the County reopens, you will need to find another location. Go to travel.state.gov to search for another location.
https://www.knoxcountymaine.gov/index.asp?Type=B_BASIC&SEC=%7BA6497AD8-0114-4853-BCF0-993229102BE3%7D

Substances/Recovery

Alcoholics Anonymous meetings by phone: 2PM daily; 425-436-6360; access code: 422932#

Alcoholics Anonymous: 1-(800) 737-6237

Narcotics Anonymous meetings online: <https://virtual-na.org/meetings/>

Narcotics Anonymous: 1 (800) 974-0062; www.namaine.org.

Naloxone from Maine Access Points: (207) 319-8823. For naloxone (Narcan), reach out via text or phone: “We are doing brief video chat or phone training and will mail you a kit to any location in Maine. Sending much love and care.”

Rockland Recovery Dharma: Meetings online for the time being. Wednesdays and Sundays 6-7:30PM. To connect via zoom: <https://zoom.us/j/592507685>; Meeting ID: 592 507 685; the call-in number, if you need to connect by phone is +1 (929) 205 6099.

Statewide Al-Anon: 1-800-498-1844; www.maineafg.org. Help for families and friends of people struggling with alcoholism.

Additional Resources

Maine Department of Health and Human Services (DHHS): 1 (855) 797-4357, M-F 7AM-4:30PM. For more information on how DHHS is lessening the hardship of the pandemic, including waiving copays for Mainecare and increasing access to health care and social services: <https://www.maine.gov/dhhs/coronavirus-resources.shtml>

Maine Equal Justice: 1 (866) 626-7059. Nonprofit civil legal aid and economic justice organization working to increase economic security, opportunity, and equity for people in Maine. <https://maineequaljustice.org/people/covid-19-resources/> “If you are having trouble getting assistance like SNAP, MaineCare, TANF or General Assistance, but think you should qualify, please call us at (207) 626-7058, ext 205, or leave a message.”

OUTMaine: Aims to create safe, affirming communities for LGBTQI+ youth. Check their website www.outmaine.org for updates and follow on Facebook, Twitter (@OutMaine) and Instagram (out_maine) for more details “as new ways of staying connected unfold.”

Penquis Community Action Program: Offices are closed to the general public. For specific questions, call (207) 973-3500, send a message to info@penquis.org or message their [facebook page](#) as it is checked often. Assists individuals and families in preventing, reducing, or eliminating poverty in their lives and, through partnerships, to engage the community in addressing economic and social needs. While some Penquis services remain fully operational such as Assisted Living, Residential Services, Transportation, and the Child’s Advocacy Center, they are adapting other services. Family Time Coaching will be connecting with families remotely rather than in-person; Penquis Child Development: Child Development Centers, Head Start and Early Head Start services and Pre-K programs will be closed. The closure will last for a minimum of two weeks, until March 30, 2020 pending additional guidance from the U.S. and Maine Centers for Disease Control. Staff will be in touch with families by phone to check in to see how they can be a resource during the time of classroom closures. (207) 596-0361; <https://www.penquis.org> 315 Main Street, Suite 205, Rockland.

Social Security Administration Field Office, Rockland: 1 (855) 269-9179; 169 Camden St., Rockland. Social Security’s field office networks will be closed to the public in most situations until further notice because of the coronavirus public health crisis. Service will continue to be available via the agency’s phone number, (800) 772-1213, and its website. Payments to more than 69

million Social Security beneficiaries are not affected. Field offices will only offer in-person assistance on a very short list of crucial services, including reinstatement of benefits in dire circumstances; assistance to people with severe disabilities, blindness or terminal illnesses; and people in dire need of eligibility decisions for Supplemental Security Income or Medicaid eligibility related to work status. Those seeking these services must call in advance. If you had an appointment already set up, they will contact you. <https://www.ssa.gov/onlineservices/>

How can I help?

Area Interfaith Outreach Food Pantry (AIO): (207) 596-1043; email@aiofoodpantry.org
70 Thomaston St., Rockland. AIO Food Pantry currently needs donations of new reusable grocery bags and new plastic shopping bags. Drop bags off at AIO (rear door) M, W, F 8:30-11:30AM and W 5-6PM. AIO is no longer asking for locally purchased food donations (due to the limited supplies in grocery stores). Instead, they are asking for financial donations so they can place large orders through Good Shepard Food Bank. Donate to the AIO Food Pantry: Help Feed a Family Now Fundraiser: <https://www.facebook.com/donate/215463046195821/3326954854000568/>
To volunteer, email aiovolunteer@gmail.com. AIO's full COVID-19 policy: <https://www.aiofoodpantry.org/modified-client-service.html>

Midcoast Rotary Site: <https://rotariansserving.org/#home>

Extra Personal Protective Equipment: To donate extra personal protective equipment, fill out the form provided below;

https://docs.google.com/forms/d/e/1FAIpQLSf5xiUxOAOfWsO6_kaXL3PsKMQ1otUX70I7bqhG4I PHmHI7gQ/viewform?fbclid=IwAR0Ex8SvLNDPCmITg-Y2ONMxqllH5_8Tb_0eRDvQACBqejFpXuv dcsZzAjc

Mid-Coast Pop Up PPE Factory: midcoastpopupfactory@gmail.com; (207)691-7291. Nonprofit, volunteer effort for protective gear distribution and prototype planning. In urgent need of key medical protective gear for redistribution to medical providers and also for low risk uses.

One Less Worry: Especially needed during the COVID-19 crisis are: soap, toilet paper, tissues, hand sanitizer, or money for these items. Contact: onelessworry.maine@gmail.com Products can be dropped off or mailed to: One Less Worry, 108 Beech Street, Rockland, ME 04841.
<https://www.onelessworry.me/>

United Midcoast Charities: admin@unitedmidcoastcharities.org; (207) 236-2299;
<https://unitedmidcoastcharities.org/> UMC'S RAPID RESPONSE FUND: In response to the COVID-19 pandemic, UMC established a Rapid Response Fund. This fund will be used to make responsive grants to local nonprofits who are meeting the immediate needs of individuals seeking help in Knox and Waldo counties. The Fund supports urgent needs and anticipates the likelihood that local nonprofits will find themselves under-resourced to serve a growing demand for their services. Donate here: https://secure.lglforms.com/form_engine/s/Tzzb4f9pqIAtTJmSCVIMBg

Reach out: Phone calls to your neighbors, friends and family members is the best form of help and continuing to practice the CDC recommendations of social distancing.

State-wide Elected Officials

Governor Janet Mills: (207) 287-3531; twitter updates: @GovJanetMills

<https://www.maine.gov/governor/mills/contact>

Maine State Representative (for Camden, Rockport and Islesboro) Vicki Doudera:

Victoria.Doudera@legislature.maine.gov

State Senator David Miramant (District 12, Camden/Rockport): Home: (207) 236-4845; Senate Democratic Office (207) 287-1515; David.Miramant@legislature.maine.gov

U.S. Representative Chellie Pingree: (207) 774-5019; <https://pingree.house.gov/contact/>

U.S. Senator Angus King: (202) 224-5344; <https://www.king.senate.gov/contact>

U.S. Senator Susan Collins: (202) 224-2523; <https://www.collins.senate.gov/CONTACT>

Local Media

The Free Press: (207) 596-0055; copyedit@freepressonline.com; www.freepressonline.com

Penobscot Bay Pilot: editor@penbaypilot.com; www.penbaypilot.com

Village Soup: news@villagesoup.com; www.knox.villagesoup.com Free during the pandemic.

Bangor Daily News: news@bangordailynews.com; www.bangordailynews.com

Well Being/Emotional Health

Emotional Support - Local Clinicians

<https://www.psychologytoday.com/us/therapists/child-or-adolescent/me/camden>

<https://www.psychologytoday.com/us/therapists/me/camden>

Maine Behavioral Healthcare

(207) 701-4400; 12 Union Street, Rockland. Currently remains open. Counseling, Mental Health. <https://mainehealth.org/locations/maine-behavioral-healthcare/rockland-12-union-street-04841-4093>

Maine Warm Line 24/7

1 (866) 771-9276. If your phone's area code is not (207), call 2-1-1 and ask to be transferred to the Maine Warm Line. "The warm line is a place to call when you need to connect with someone. Reasons for calling might be needing support, feeling isolated, or learning about recovery skills. It is not a crisis line (traditionally called a hot line), but rather a place to talk and be listened to run by peer supporters, all of whom have personal experience with mental illness and recovery."

<https://www.maine.gov/dhhs/samhs/mentalhealth/wellness/warmline.shtml>

Maine Statewide Crisis Hotline 24/7: 1 (888) 568-1112. For immediate crisis-oriented help.

NAMI Maine

<https://www.namimaine.org/> Grassroots support, education and advocacy organization committed to the issue of mental health.