



COVID-19 Compendium Resources Addendum

STAY INFORMED:

- **MeCDC General Briefing on COVID-19**
 - **Mondays** | 1:00-2:00 PM: <https://zoom.us/j/544261659>
- **MeCDC Weekly Coronavirus Update for Hospital Employees - hosted by Rita Owsiak**
 - **Fridays** | 1:30 - 2:00 PM: <https://zoom.us/j/636067483> | Meeting ID: 636 067 483
- **CMS COVID-19 Office Hours Calls**
 - **Tuesdays and Thursdays** | 5:00 - 6:00 PM; Attendee Dial In: 833-614-0820/Access Passcode: 8977438
- **NETRC Telehealth Virtual Office Hours**
 - **Tuesdays** | 8:00 AM - Call in: +1 646 558 8656 US; Meeting ID: 869 834 403
 - **Thursdays** | 12:00 PM - Call in: +1 646 558 8656 US; Meeting ID: 477 247 220
- **MPCA Compendium**
 - Emailed | **Tuesdays**
- **Maine CDC Coronavirus Update for Long Term Care Facilities - hosted by Rita Owsiak**
 - **Wednesdays** | 1:00 PM: <https://zoom.us/j/570558574>
- **Maine CDC Coronavirus Update for Clinicians hosted by Stephen Sears, MD**
 - **Thursdays** | 12:30 PM: <https://zoom.us/j/798526090>
- **MPCA hosts CHC Network Office Hours**
 - **Thursdays** | 4:00 - 5:00 PM: <https://mepca.zoom.us/j/394295081>
- **MeCDC COVID-19 and Children**
 - **Fridays** | 12:15 - 1:00 PM: <https://zoom.us/j/871527860> +19292056099, 871527860#

SIGN UP:

Updates related to COVID-19 cases and screening criteria are available in real-time through the [Maine Health Alert Network](#), [US CDC Health Alert Network](#), and the [MeCDC](#). Sign up for daily updates sent directly to your inbox.

MAINE HELPS:

- **Maine Schools** providing [meals to students](#) during extended remote learning
- **Good Shepard Food Bank** - [Food Pantry Changes & Information](#) (Updated by 2:00 PM daily)
- **DHHS Office of Family Independence** - [COVID 19 Changes](#) (April 6)
- **Resources** for how [Mainers Can Help](#)
- **Maine Medical Reserve Corps (MMRC)** - [A group of local volunteers, connected to a national network.](#)
- **211** - Community Resource Help



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RESOURCES FOR COPING AND STRESS



"FrontLine WarmLine" Launches to Help Maine's
Health Care Workers and First Responders
Manage Emotional Toll of COVID-19

For more information on these services [click here](#).

Guidance on Coping and Stress

[Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience](#) - USCDC

[Substance Use Disorder Virtual Recovery Supports](#) - OBH

SAMHSA Disaster Distress Helpline: 1-800-985-5990

[National Domestic Violence Hotline:](#) 1-800-799-7233 / TTY 1-800-787-3224

Maine Crisis Hotline: 1-888-568-1112

[Training and Technical Assistance Related to COVID-19](#) - SAMHSA