



Bucksport Regional
Health Center



April 2020

BRHC Health Beat



Message from the CEO *Carol Carew*

We are living in very strange times. COVID-19 has everyone nervous. I want to personally assure you that we are doing everything in our collective power to keep our patients safe.

As you can see, bottom right, we are changing our Walk-In Care to a Phone Screening Service that will help reduce the risk to other patients and staff. We are also asking all our patients, if they have a computer or smart phone, to sign up for our [Patient Portal](#) available through our website because we will be doing telehealth and virtual visits through it. It is easy, very secure and is a great way to communicate with us. If you want to sign-up but have trouble accessing it, give us a call and we will work with you to get you up and running.

Remember, if you are not feeling well, call us. We will get through this.

Carol

Standard Drink Size



12 fl oz of regular beer

about 5% alcohol



5 fl oz of table wine

about 12% alcohol

1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)



80-proof distilled spirits (40% alcohol)

April is Alcohol Awareness Month

An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation. How do you know if drinking alcohol has become a problem for you or a loved one? And where do you go for help if it has?

Briefly, alcohol becomes a problem when it impacts a person's life in a negative way.

For example, when someone's personal or work life is deteriorating because of their drinking. When someone has had times when they drank more, or longer, than they intended. Someone who is drinking to feel better or drinking to cope with stress or other problems. Someone who feels anxious or irritable without a drink.

To learn more, visit www.rethinkingdrinking.niaaa.nih.gov

Meet Our Team:

Tamra Hanson, Executive Assistant

We want to wish her a Happy Administrative Professionals Day!

Tamra is truly the backbone of our leadership team. As the Executive Assistant, she coordinates everything from meetings to trainings to employee events. If you are hoping to speak with our leadership team, Tamra is your first point of contact. You can reach her at extension 221.



Protect yourself and your community

- Wash your hands thoroughly and often
- Avoid touching your face
- Keep a distance of at least 6 feet between you and another person
- Cover your coughs and sneezes
- Avoid crowded places
- Stay home if you are sick

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Director
- Clinical Lead Medical Assistant - Ellsworth
- FNP/PA - Ellsworth
- LCSW - Behavioral Health Therapist
- Medical Assistant - per diem
- Medical Assistant - full time - Bucksport

Change to BRHC Walk-In Care

BRHC is Phone Screening for Walk-In Care services due to the COVID-19 outbreak. Until further notice, please call to schedule an appointment for walk-in care.

If you think you may have symptoms, call our office to speak with someone on the phone for further instruction. Please, do not come to the clinic without calling.

Please Note:

We will see you for issues other than respiratory illness, but please call first before coming in.



BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information. BRHC is an equal opportunity provider and employer.

bucksportrhc.org

Coronavirus Rumor Control

Source: www.fema.gov/coronavirus-rumor-control

FEMA has posted a webpage to help the public distinguish between rumors and facts regarding the response to coronavirus. Rumors can easily circulate within communities during a crisis. Do your part to stop the spread of disinformation by doing 3 easy things:

- don't believe the rumors - especially on social media
- don't share them or pass them along
- go to trusted sources of information to get the facts about the federal (COVID-19) response, such as www.cdc.gov.

We are busting a couple of myths here:

Myth: Only those over 60 years of age and those with existing health problems are at risk from the Coronavirus.

Fact: It is an unfortunate rumor that only people over 60 years of age are at risk of getting this disease. According to the Centers for Disease Control (CDC), those at higher risk include older adults and people with serious chronic medical conditions.

However, symptoms can range from mild to severe with and may have different complications for each individual. The CDC has a list of COVID-19 symptoms you may experience. Please continue to follow the official information from the CDC.

Myth: I need to stockpile as many groceries and supplies as I can.

Fact: Please only buy what your family needs for a week. It is important to remember that many families may be unable to buy a supply of food and water for weeks in advance. Consumer demand has recently been exceptionally high – especially for grocery, household cleaning, and some healthcare products. Freight flows are not disrupted, but stores need time to restock.

Myth: There is a national lockdown and the entire country will be quarantined for two weeks.

Fact: There is no national lockdown. As with all information online or shared via social media, it is important to verify the source of information. You can find the latest information as well as links to additional resources at www.coronavirus.gov.

April 4-10 is
Dental Hygienists
Week!

Meet Our
Dental Hygienists,
Jessica Poole,
(right) and
Nicole Gillway.

Have a great
week!



Word Search - Coronavirus

We listed words associated with the coronavirus, such as wash hands, etc., as a visual reminder, of what to do and how to protect yourself.

Wash hands	Sneeze	Coronavirus
Soap	Mask	Fever
Scrub	Safety	Shortness
Twenty seconds	Covid	Of breath
Cough	Stay home	Protection

