

MaineHealth

COVID-19 Updates from Mid Coast Hospital

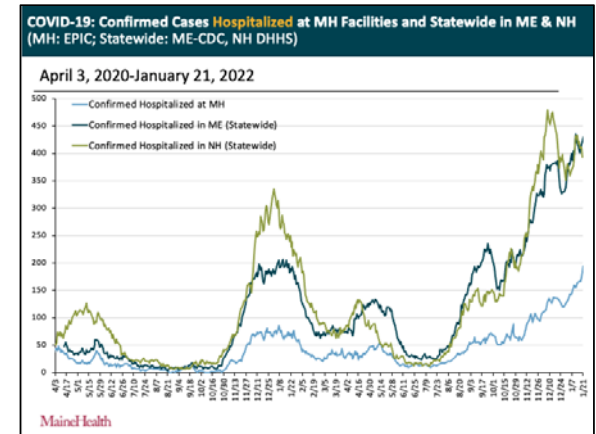
Town of Harpswell Board of Selectmen's Meeting

Thursday, January 27, 2022

Lois Skillings, RN, President and Christopher Bowe, MD, Chief Medical Officer

Situation Update

- **Mid Coast Hospital has remained at full capacity of inpatient beds for more than a month.**
- Care of COVID-19-positive patients at Mid Coast Hospital:
 - Over past several weeks, we had seen a slight decline in number of COVID-19 inpatients since our peak in December (25/day).
 - Currently, we are treating 21 inpatients for COVID-19.
 - Increase of community outpatient positive numbers as well.
- Other impacts at Mid Coast Hospital:
 - Patients boarding in the Emergency Department because every inpatient Med-Surg and ICU bed is full.
 - Paused non-emergent surgeries for patients requiring overnight stays since late November.
 - Now dialing back some non-urgent services to support provider and staff reassignments and repurposing spaces if needed.



Ways You Can Help

- **Wear a mask** whenever you are inside a public place, regardless of your vaccination status.
- **Get vaccinated and, as soon as you are able, get your booster shot.** Note that the vast majority of those who are hospitalized for COVID-19; those who are on respirators; and those who are dying of COVID-19 are unvaccinated.
- **Please be kind and patient** with your care team members who are working extraordinarily hard every single day in the face of significant capacity and staffing challenges.
- **Get your flu shot.**

Masking to Help Prevent the Spread of COVID-19

- Masking helps prevent the spread of COVID-19.
- Masking is a significant layer of protection against COVID-19 and it supplements additional strategies:
 - Get vaccinations and boosters as soon as you are eligible
 - Maintain physical distance from those outside your household
 - Perform frequent hand hygiene
 - Avoid large gatherings
 - Ensure spaces are adequately ventilated
- At Mid Coast Hospital, virus transmission between patients and staff has been extremely rare since the pandemic began because of our universal masking policy early on, as well as the vaccination requirement for staff.
- **Wearing masks indoors in public spaces will help slow the spread of COVID-19, especially for the highly contagious omicron variant.**

The Effectiveness of Masks

Table 1. Time to Infectious Dose for an Uninfected Person (Receiver)*

		Receiver is wearing (% inward leakage)				
		Nothing	Typical cloth mask	Typical surgical mask	Non-fit-tested N95 FFR	Fit-tested N95 FFR
Source is wearing (% outward leakage)		100%	75%	50%	20%	10%
Nothing	100%	15 min	20 min	30 min	1.25 hr	2.5 hr
Typical cloth mask	75%	20 min	26 min	40 min	1.7 hr	3.3 hr
Typical surgical mask	50%	30 min	40 min	1 hr	2.5 hr	5 hr
Non-fit-tested N95 FFR**	20%	1.25 hr	1.7 hr	2.5 hr	6.25 hr	12.5 hr
Fit-tested N95 FFR	10%	2.5 hr	3.3 hr	5 hr	12.5 hr	25 hr

*The data for % inward and outward leakage of cloth and surgical masks were derived from a study by Lindsley et al (2021). Data for non-fit-tested N95 FFRs come from a study by Brosseau (2020). Data for fit-tested N95 FFRs are derived from the OSHA-assigned protection factor of 10 for half-facepiece respirators. Also, times were established before wide circulation of the more transmissible Delta variant.

**FFR = filtering facepiece respirator; N95 = not oil-proof, 95% efficient at NIOSH filter test conditions

Source: <https://www.cidrap.umn.edu/news-perspective/2021/10/commentary-what-can-masks-do-part-1-science-behind-covid-19-protection>

COVID-19 Vaccinations at Mid Coast Hospital

- To date, Mid Coast Hospital has administered over 73,000 doses of COVID-19 vaccine.
- Mid Coast Hospital continues to offer first dose, pediatric, and booster vaccinations at the Mid Coast Hospital Vaccination Clinic, **81 Medical Center Drive**, Brunswick.
- Vaccinations at Mid Coast Hospital are currently available:
 - Option 1: Sign up for an appointment online at <https://vaccine.mainehealth.org>
 - Option 2: Call **(877) 780-7545** to make an appointment
 - Option 3: **Walk-In Wednesdays**, from 9 a.m. to 12 p.m. (ages 18 and older only)
- Booster eligibility now includes all individuals ages 12 and older.