



Maine COVID Sitters: support for Maine's Healthcare workers

Dear Healthcare worker,

First and foremost, thank you for your service to our community during the COVID-19 outbreak. **We are volunteering to provide childcare, pet services, and household support to those on the front line of the COVID-19 pandemic.**

A little bit about how our program works: we are a group of health care professional students (DO, MD, PA, dentistry, pharmacy, etc) in and around Portland, Maine, modeled after the MN CovidSitters. Using [this intake form](#) you can identify your needs, may they be child care, pet walking, grocery or pharmacy runs. You will then be connected with a “pod” of 1-5 students who will provide support solely to your family. This is done to distribute the responsibilities evenly among students who still have academic requirements, and promote social distancing in accordance with CDC guidelines. You will then be able to coordinate with your pod to get the services that you require. Please know that **we are students and not certified childcare providers**, nor are these services affiliated with our respective institutions.

We really want to thank you, and show our support to those who are on the front line of this pandemic. In medicine, it takes a village! We are excited to be a part of your village and help in the small way that we can.

We encourage you to share this information widely, so we will be able to reach any and all health care workers that need a helping hand. We are attaching a document of frequently asked questions to address any concerns you may have. If you have any additional questions or concerns, you can contact us at maineCOVIDsitters@gmail.com.

3b. Template FAQs for Providers

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Sincerely,

the Maine COVID Sitters Team