

WHAT ARE WE DOING TO PROTECT OUR GUESTS DURING COVID-19 CRISIS

As a former owner of a Quarantine Facility for horses coming to the United States from the European Union, I have considerable experience in what it takes to keep premises clean – really clean and disinfected. As you can well imagine we had extremely stringent requirements to follow and I along with my housekeeper are following those guidelines here NOW. Once the news of COVID-19 broke I jumped back into Quarantine mode. I am using the unique benefit of my experience and knowledge to improve my guests experience and most importantly safety when staying at any of our accommodations at the Denmark Stage Stop House during this time when COVID-19 is affecting our daily lives. While nothing is ever 100% certain we are certainly going those extra miles, for the reassurance of our guests, my staff and most importantly our guests.

STEP 1 – No one enters a rental unit until at least 3 days have passed. This means me, my staff and definitely not a guest!

Why?: The National Institute of Allergy and Infectious Diseases and NIH has come out with findings that show the virus lives for up to 3 hours as an aerosol in the air and is viable on surfaces such as cardboard for 24 hours and up to 3 days on plastic, stainless steel, etc.

STEP 2 – Our cleaning process is 3 fold, with cleaning the surface first, followed by disinfecting the surface and leaving that disinfectant on the surface for at least 10 minutes. Following that we again wipe down all surfaces with a 70% alcohol wipe down. This cleaning process has at the very least tripled the cleaning time from 3-4 hours to 6-8 hours per unit.

STEP 3 – We know longer interact with our guests in person at all! If you need me by all means text, call or email me and you can even use Alexa to contact me.

STEP 4 - I have removed many of the much loved amenities for now, that increase the possibility that a prior guest may have touched them. So since these items were little extras, I decided better to remove them for now.

What practices do I use when I go out to lessen my chance of coming into direct contact with COVID-19?

Go out as little as possible to a store, gas station, etc., but when I do go out I carry gloves with me at all times. When I pump gas and touch the nozzle that has been handled so many times throughout the day with drivers from anywhere. I wear a mask every time I enter a store not only to protect myself but others that may vulnerable. We must all act responsibly. For those that feel

this is an infringement of your rights it is not. Wearing a mask will help slow the spread and help to prevent and/or reduce a resurgence of Covid 19.

I know for a fact that masks will help. I worked in the medical field for many years and know that masks protect myself as well as others. Would you like your surgeon and his/her team to decide that they simply have the right to choose whether to wear a mask or not during your surgery? If you don't want to do it for yourself then do it for the sake of others!!

Never touch a touch screen!!! I have loaded all my payment methods on my phone reducing the need to ever having to touch one again. If you have an iPhone you can do this using Apple Pay on your phones wallet and Google Pay on an Android device. If I do have to touch one, I bring along that old stylus we used to use and use that for the touch screen and then disinfect it immediately upon entering my car.

Not only do I carry hand sanitizer with me in my car and on my person, I also have a 70% alcohol spray disinfectant in my car for immediate use. I also keep a spray bottle of soap and water in my car to sanitize my hands.

I order from Amazon, Walmart, whenever possible and those packages stay outside my home for at least 24 hours before I unpack them outside and they are then thoroughly disinfected upon entering my home, for the appropriate time. No cardboard ever enters my home.

For items I need such as perishables I used the pickup service at the grocery store, greatly limiting the number of people and surfaces I come in contact with. I then disinfect these items (packaging) when I get home and I do so immediately before touching anything else.

When I feel stir crazy being confined to my property I go for a ride to the ocean, Mt. Washington or just anywhere. I go for a nature walk, hike either on my own property or venture out to the various trails where there only a very few people and none of them close by. I know I have 7-acres but I still feel the need the get out and about and luckily here in Maine there are so many places to go.