

Coping with COVID-19

Good Things to Know

Provided by the Scott & Sunny Townsend Team

Utilities



- **Spectrum – Cable**

- Spectrum won't terminate service for 60 days for residential or small business customers who face difficult economic circumstances related to the COVID-19 pandemic. Similarly, they won't charge late fees for those customers facing difficult economic circumstances related to the pandemic.
- [More Info](#)



- **Central Maine Power**

- If you are concerned about paying your bill due to the ongoing public health crisis, CMP can help with programs to manage bills. They have temporarily suspended disconnections for nonpayment. However, customers are still responsible for any balance due. Please call 800.750.4000 Monday through Friday 7:30 a.m. to 6 p.m. to speak with a representative about your options.
- [More Info](#)



- **UNITIL – Gas**

- Collections activities & disconnections – UNITIL has temporarily suspended all non-payment service disconnections and collection activities. If you are having trouble paying your bill, know that their Customer service team is there for you to find a solution that works in this difficult time.
- [More Info](#)

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Health & Safety

- [Maine Center for Disease Control and Prevention](#)
- [U.S. Centers for Disease Control and Prevention](#)



Local Info

- **Restaurant Takeout, Delivery, and Closures in Portland, Maine**
 - o [More Info](#)
- **Maine Food Pantries & Grocery Subsidies**
 - o [More Info](#)
- **Portland Regional Chamber of Commerce – Coronavirus Resources**
 - o [More Info](#)
- **Summary of Stimulus Plan**
 - o A thorough summary of the stimulus plan from the National Association of Realtors (NAR). For business owners, self-employed or anyone out of work or facing financial hardship right now, there is help available:
 - o [More Info](#)
- **Maine Senior Guide**
 - o Helping Maine seniors and their families live healthy and independent lives!
 - o [More Info](#)
- **COVID-19 Information – Portland, ME**
 - o THE INFORMATION ON THIS PAGE IS UPDATED FREQUENTLY.
 - o [More Info](#)
- **Scarborough Buy Local**
 - o Many favorite Scarborough restaurants and shops are offering take out and curbside pick-up.
 - o [More Info](#)



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Watch Out!

- **Scams – Be Vigilant**

- The public health emergency has ushered in a new batch of criminal scams. Please be extra careful and diligent and educate your clients. [Here are some tips](#) from the Federal Trade Commission to avoid scams and fraud.



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