



3-18-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

We may sound like a broken record, but we're cool with that! We want to remind everyone **we are still in a Pandemic**. Case counts and hospitalizations in many areas are on the rise, including in Knox County. Don't forget to **keep practicing the 3 W's**: Wear your mask. Wash your hands. Watch your distance. Even if you've been fully vaccinated, we URGE you to follow CDC Guidelines. This includes continuing to wear your mask and maintaining physical distance in public. **Thank you for doing your part to keep our community safe!**

NOTE: You are considered FULLY VACCINATED 2 weeks after your second dose of the Pfizer or Moderna vaccines, and 2 weeks after a single-dose of Johnson & Johnson's Janssen vaccine.

Local Vaccination News

ICMS is continuing to host vaccination clinics at the Vinalhaven School in accordance with the State Guidelines for eligibility. Currently, all patients 60 and older and all Teachers, School Staff, and Childcare Workers are eligible for vaccinations. To date, **33% (506) of Vinalhaven residents have been fully vaccinated**. ICMS is receiving approximately 110 doses of vaccine on a bi-weekly basis. The next ICMS COVID-19 Vaccine Clinic will be held Saturday, March 20th by appointment only. If you would like to be added to the ICMS vaccination list to be eligible for upcoming vaccination clinics, please contact **Anna Clapham (207) 863-4341 ex. 1126** or aclapham@icmsvh.org

PenBay is also a vaccination site option for island residents. For more information call **1-877-780-7545** or visit www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs

Vinalhaven Case Info

March 2020 – March 18, 2021

Known Active Confirmed Positive – 1

Total Known Confirmed Positive – 7

Total Recovered – 6

For state and county data, go to knox-hub-knoxme.hub.arcgis.com

Vaccines are available at other facilities throughout the state. FMI go to www.maine.gov/covid19/vaccines/vaccination-sites

Updates from the State

There have been several updates from the State over the past two weeks.

Community Vaccination Phone Line
Maine's COVID-19 Community Vaccination Line helps Maine people get information about vaccine clinics. Monday–Friday, 7am–7pm or Saturday–Sunday 8am–2pm
Call **1-888-445-4111**

Vaccination Eligibility

On March 12, Governor Mills announced a revised Vaccination Timeline for Maine in order to make all adults eligible for a COVID-19 vaccine by May 1, 2021. The **new timeline** is as follows: As of March 3: Age 60 and older; April 1: Age 50 and older; May 1: All adults

In addition, Maine is implementing the Biden Administration's directive to vaccinate teachers, school staff, and licensed child care workers.

For more information about Maine's vaccination schedule, vaccine eligibility, and vaccination sites, go to www.maine.gov/covid19/vaccines

New Summer Guidelines and Revised Travel Requirements

On March 5, Governor Mills announced the Moving Maine Forward plan. The multi-month plan aims to provide clarity and predictability for Maine people and businesses to plan for the summer months and establish Maine as a safe place to visit.

The Moving Maine Forward Plan has three primary components: tenets:

1. Maintaining Critical Public Health Protocols

- Continued wearing of face coverings, keeping physical distance, and conducting enhanced cleaning.
- Industry-specific protocols and checklists will remain in effect throughout the summer.

2. Simplifying & Standardizing Capacity Limits and Establishing A Clear Timeframe

- For indoor gatherings, capacity will increase to 50 percent starting March 26 and 75 percent starting May 24.
- For outdoor gatherings, capacity will increase to 75 percent starting March 26 and 100 percent starting May 24.
- Businesses that have more capacity under the current policy (50 people for indoor gatherings; 100 people for outdoor gatherings; or 5 people per 1,000 square feet) are permitted to maintain that standard until May 24.
- A target reopening date for Maine bars and tasting rooms (which will be required to operate under the Seated Food and Drink COVID-19 Checklist) will be March 26, 2021

3. Updating Maine's Travel Policy

- Massachusetts, Connecticut, and Rhode Island are exempt from the test or quarantine requirement.
- Those who have either recently had COVID-19 or been fully vaccinated against COVID-19, regardless of their state of origin are exempt from the state's testing or quarantine requirement. (Federal requirements related to international travel, however, remain in effect.)
- Effective May 1 the plan shifts Maine's COVID-19 travel policy requirements from an "all states included, unless exempt" model to an "all states exempt, unless included" model.

For more details on the **Moving Maine Forward Plan**, go to www.maine.gov/covid19/moving-maine-forward

State Vaccination and COVID-19 Case Counts

To date, **over 15% of the Maine population (203,260) has been fully vaccinated**. Even as individuals across the state receive COVID-19 vaccines, it's critical we not lose sight of the fact we are still in a pandemic. As of March 18, 2021, there were **34,200 active cases reported in the state** and **47,832 total cumulative cases statewide**. Currently there are **526 active cases in Knox county**. The state's **positivity rate is 1.72%**. See COVID-19 data on the Maine CDC website www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml

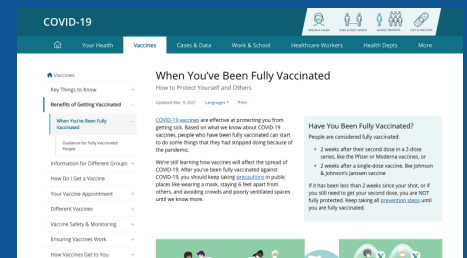
This Week's FAQ

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. Learn more www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html

Tip of the Month: Guidelines for Fully Vaccinated Individuals



The US CDC has released helpful guidelines on the dos and don'ts for vaccinated individuals. Go to www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

This article from Johns Hopkins is also very helpful in explaining what you can and cannot do once fully vaccinated: www.jhsph.edu/covid-19/articles/what-you-need-to-know-about-the-cdcs-covid19-guidance-for-fully-vaccinated-individuals.html