



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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COVID-19 Daily Update 4-5-20

ANXIOUS?

No matter how well we respect the guidelines and mandates given to us to help slow the spread of Covid-19, we all still have some anxiety about the times in which we now live. On Saturday, Community Outreach Coordinator Gabe McPhail hosted a conversation “Coping with Corona”, with Kelly Richards, who teaches stress relief to children and adults, and Avrum Weiss, a psychologist who works with ICMS Behavioral Health Providers.

Avrum explained the difference between fear and anxiety. Fear is an adaptive process that helps us deal with an actual event. Anxiety is worry not about what is happening now, but what you think might be happening in the future. He offered some best practices about helping to keep our anxiety levels under control, including tips on how to get enough sleep, a recommendation that we eat well and healthfully, and that we move! Fortunately, we have lots of outdoor space on Vinalhaven where we can spread out. Possibly most important, he urged us to stay connected with other people.

Kelly talked about resilience – the ability to meet life’s challenges and not stay down. She led us through a couple of exercises to help us use our senses to relax and remember – to bring us back in our resiliency range.

Gabe shared some of the many resources available for help.

Maine Statewide Crisis Hotline 24/7 for immediate crisis-oriented help
1-888-568-1112

Maine Warm Line 24/7 for connecting with someone if you need mental and emotional support **1-866-771-9276**

Online Anonymous Peer Recovery Programs

Narcotics Anonymous – namaine.org

Alcoholics Anonymous – csoaamaine.org

Nar-Anon – nar-anon.org and **Al-Anon** – maineafg.org

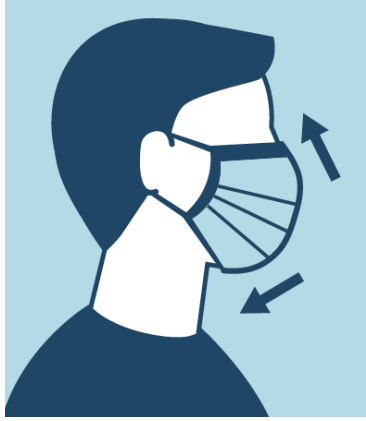
ICMS offers behavioral health services. Contact Dan Keniston at
1-207-863-9959, Option 3

Avrum strongly encouraged us to seek help before we are in a crisis. He said ICMS Behavioral Health Providers are available to take calls anytime and can work with folks over the phone or with Zoom.

A recording of the conversation “Coping with Corona” is available on the Town’s YouTube channel. youtu.be/vGmmQZFJwn4

MASKS

The CDC now recommends that we wear a mask when engaged in any encounters with others to protect those others, even if we ourselves have no signs or symptoms of Covid-19. When you are on your essential errand, or you are an essential worker, you should be wearing a mask, even though you are maintaining your six foot distance. This is the way a mask should fit:



How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



Credit: CDC

You can find multiple ways to make masks for you and your family, with or without a sewing machine on the CDC website. cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

There are many other sources of patterns and instructions, including this one from JoAnn's Fabric, which will talk you through the process of making masks. youtube.com/playlist?list=PLFmfBXEzoOPXznkrI9VzJUTqVxYYPNMkM

Masks are just one more tool in slowing the disease. The most important things to do are:

- Stay at home except for essential needs (and then wear a mask)
- Wash your hands vigorously, frequently
- Cough into a tissue or your elbow
- Watch for symptoms: fever, cough, sore throat, difficulty breathing, and self-quarantine (self-quarantine means home delivery and no going out for essential needs) if you have these symptoms. Call ICMS if your symptoms are severe.

PETS AND COVID-19

It's great to see people out walking with or without their dogs. We know that dogs (and cats) won't transmit the disease with an affectionate face lick, but they can transmit it on their coats when multiple people pet them. Please be respectful of other walkers, keep your dogs under control and by your side, and ***"Don't pet other people's pets!"***

As always, please contact the EOC with your questions and for assistance. Subscribe to "Urgent Alerts" on the Town's website to automatically receive Daily Updates in your inbox.