



## **COVID-19 Vinalhaven Emergency Operations Center (EOC)**

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# **COVID-19 Daily Update 4-6-20**

## **HOW CAN WE HELP?**

The Governor's Stay Healthy at Home Mandate has left some of us with time on our hands and in a position to be of service to others. Folks contact the EOC, asking: how can we help in a safe way? *Here are some ideas.*

### **Stay Home**

First and foremost, the best way we can help is to follow Governor Mills' mandate! Stay home. Only leave home for necessary things like

- going to work if it is classified as essential and we need to get to a job
- getting groceries or other essentials that we can't get delivered
- making a once-or-twice-a-week trip to the Post Office
- traveling to a location to exercise

If you do go out, always keep at least 6 feet away from others who do not live in your household.

### **Wear a Mask or Cloth Face Covering**

As mentioned in Saturday and Sunday's Daily Updates, even though we are still staying 6 feet away from others, the CDC recommends that we all wear a mask or cloth face covering when in public (this includes all essential workers, working with others). Wearing a mask or cloth face covering reduces the chance we will pass the virus to another. As we are learning, we could be contagious without having any signs or symptoms of the virus.

### **Make Cloth Face Coverings**

Not everyone is adept with a sewing machine or a pair of scissors. The Town is calling for volunteers to make more masks than their family needs so we can make sure essential workers who are willing to wear a mask, have one. After those folks all have masks, the Town will be able to offer masks to other people who need them. For more information, email [VHEOC@townofvinalhaven.org](mailto:VHEOC@townofvinalhaven.org).

Also read Saturday's Daily Update:

[townofvinalhaven.org/sites/vinalhavenme/files/uploads/release040420.pdf](https://townofvinalhaven.org/sites/vinalhavenme/files/uploads/release040420.pdf)

### **Reach Out to Others**

Calling friends, relatives, and neighbors is a great way to cheer ourselves and those we care about. There are many online tools, like Zoom, FaceTime, Google Hangouts, and Skype (to name a few), that you can use to stay connected and interact by video with friends and family. To learn more about online tools for socializing, check out the Island Institute's resource guide. Scroll down until you see "Online Tools for Meetings & Events". [islandinstitute.org/coronavirus](https://islandinstitute.org/coronavirus)

## Pay It Forward

We can do our best to support Vinalhaven businesses that have been required to close their doors to the public. Utilize take-out and curbside to-go services. Purchase merchandise from businesses' websites. Buy gift cards or gift certificates and pass them along to friends and family or someone in need.

## Donate

Many island organizations are working with our community to offer help directly during this time. If we are fortunate enough to have an extra dollar or two, we can consider donating to a cause in need. A few (but certainly not all) are mentioned here:

### **Vinalhaven Community Outreach**

Mail checks with Covid-19 in the memo line to **VCO, PO Box 15, Vinalhaven, ME 04863**

### **Vinalhaven Fuel Fund**

Contact Sue Radley **1-207-863-4822**

### **The Brown Door** (Food Pantry at the Union Church)

Contact Holly Sault **1-207-363-3423**

### **Community Lunchbox** (Meal Delivery Program)

Contact Candi Barton **1-207-863-2001**

### **Meals on Wheels** (Meal Delivery Program)

Contact Linda Lynch **1-207-863-9980** or **1-207-863-9343** or Shelly Ames **1-207-863-2058**

### **Open Bible Baptist Church Corona Virus Relief Fund (CVRF)** (Meal Delivery Program)

Contact Cathy Watt **1-207-286-2550**, Kate Bennard **1-207-409-2969**, or Maggie Olson **1-207-863-2185**

## Do Your Best to Care for Yourself

If we are feeling a lot of stress (or know someone who is) it is much better to reach out for help now rather than waiting until we feel worse. ICMS Behavioral Health Providers are waiting to help! Call **Dan Keniston** at **1-207-863-9959**, choose **option 3** and leave a message. Dan will return your call.

For other ways to manage stress and anxiety, watch "Coping with Corona", a recorded conversation with ICMS psychologist Avrum Weiss, and meditation teacher, Kelly Richards. The recording is available on the Town's YouTube channel. [youtu.be/vGmmQZFJwn4](https://youtu.be/vGmmQZFJwn4)

Other resources for help are listed in the Town's Resources for Coping with the COVID-19 Pandemic [townofvinalhaven.org/sites/vinalhavenme/files/uploads/covid19resources\\_040620.pdf](http://townofvinalhaven.org/sites/vinalhavenme/files/uploads/covid19resources_040620.pdf)

*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.*