



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

**Andrew Dorr**  
Town Manager

**Marc Candage**  
EMA Director

**Kerry McKee**  
EMS Director

**Jen Desmond**  
Public Health Officer

**Pat Lundholm**  
Public Information Officer

**Gabrian McPhail**  
Community Outreach  
Coordinator

**Tanya Robishaw**  
EOC Support Staff

**Janica Barrows**  
EOC Support Staff

**EOC Contact**  
VHEOC@  
[townofvinalhaven.org](mailto:townofvinalhaven.org)  
207-863-2168

**Town of Vinalhaven**  
19 Washington School Rd  
Vinalhaven, Maine 04863  
Phone: 207-863-2042  
Cell: 207-266-7806  
Fax: 207-863-4393  
[www.townofvinalhaven.org](http://www.townofvinalhaven.org)

# COVID-19 Daily Update 4-23-20

## MESSAGE FROM THE VINALHAVEN PUBLIC HEALTH TEAM

**"Behind every single one of those numbers of cases is a person. Everyone of these cases represents someone's friend, spouse, mother, child, neighbor...  
So we continue to ask that you treat them with the humanity that they deserve."**

*– Dr. Nirav Shah, Maine CDC*

We know there are many questions, some of which include the following: *"Did this person contract the virus here?" "Is the person that has tested positive still on the island?" "What do we do now?"* We hope this update helps provide you with the information or answers about what you can expect going forward.

A Vinalhaven resident has tested positive for COVID-19 and has been hospitalized. Our thoughts and prayers are with the patient and family. Empathy and compassion are called for at this time.

We know Maine CDC and ICMS are working with the affected family. The Public Health Team has been in contact with Maine CDC to understand next steps. We know that MCDC will conduct contact tracing to find all the people with whom the patient may have made contact. To ensure the safety of the community, we continue to ask everyone to follow the guidelines that have been presented. Maine CDC will conduct "contact tracing". Maine CDC will provide education and guidance on isolation, testing and quarantine requirements and recommendations.

The reality is that this first confirmed positive case should not change much of what you do now. For the last couple of weeks, the recommendation of Maine CDC has been to "act as though the virus is here" and our team has suggested we all do the following:

1. Notify ICMS if you have symptoms: fever, cough, sore throat, loss of sense of smell and taste.
2. Wash hands vigorously and frequently, especially after returning home from essential errands.
3. Clean frequently touched surfaces like doorknobs with a virus killing disinfectant.
4. Continue to adhere to Governor Mills' Stay Healthy at Home Mandate, leaving only to tend to essential needs. Essential needs include things like obtaining food, gas, and medical services.
5. Maintain social/physical distancing of at least six feet and wear a face covering when you're out in public.

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6. Rely on the CDC and the Maine CDC for factual, science-based information. Visit the Town's website for helpful resources available during this difficult time.
7. If you need help, reach out! The EOC can provide guidance and share resources, and ICMS continues to offer services through telehealth.

The following questions have been asked this week: *"Is it OK to go to Rockland?" "Can I take my Mother for a ride?"*

You can go to Rockland, but you have to decide if you should go to Rockland. We are under a stay-at-home mandate, and have been told to leave only for essential services. Is the trip to Rockland for an essential service? Can you get by without going?

You can take your Mother for a ride, but should you? You and your mother have to decide if you're willing to take the risk of virus transmission against desperate loneliness or boredom. It is not a decision someone else can make for you.

Please keep in mind, many people have no symptoms for the first few days yet are contagious and able to share the virus. We should live as if we have it, and expose as few people as possible. If, for example, you were to test positive, and if the CDC were to call to trace your past 14 days, how many people would need phone calls about having been in contact with you? Be responsible! Not just for your own sake, but for the sake of the community and those you love.

***"We face these times as we always have-with courage, compassion and commonsense, with generosity, and patience, with hearts wide open to one another." – Governor Janet Mills***

It is, without question, a time in our lives when it is difficult to always know the right thing to do. But it is not hard to know that now is not the time to relax our vigilance on reducing the spread of this disease.

*Stay Safe and Be Well,*

**Vinalhaven Public Health Team**

Jen Desmond, *Public Health Officer*

Marc Candage, *EMA Director*

Kerry McKee, *EMS Director*

Andrew Dorr, *Town Manager*

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