



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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October 30, 2020

Halloween Weekend COVID Caution A Message from the Vinalhaven Public Health Team

"What we are seeing right now in Maine is sustained, forceful, widespread community transmission across the entire state. For weeks now, we've talked about what we were seeing on the horizon in other states. That is now here, squarely, right in front of us in Maine. It's not coming. It's not on its way. And it's not brewing. It is here, and unfortunately, based on the epidemiological data, the trajectory that we are sadly on, will continue." –Maine CDC Director, Dr. Nirav Shah

We are concerned. Today the state reported a record 103 new cases of COVID-19. Over the past eight days, 506 new cases have been diagnosed in Maine. Since September 15, Knox County has seen an increase of 55 new cases. Community transmission through small indoor gatherings is behind many of these new cases.

We say this not to alarm you, but to stress that to keep ourselves, our families, and our community safe, we ALL need to follow safety guidelines. Halloween is tomorrow and many people are planning to gather to enjoy the holiday.

Your risk of contracting or spreading COVID-19 increases when you are in close contact with others. Close contact is being within six feet of a person for longer than 15 minutes, whether in one duration or cumulatively. Therefore, the nature of parties make them a high-risk activity. But you can reduce your risk. *Here's how.*

1. Always **wear a face covering** and **stay at least six feet apart** from others who aren't in your household or pod.
2. If you choose to gather, plan to **be outdoors** the entire time.
3. **Limit** the duration of **your stay**.
4. If you choose to gather indoors, always follow guidelines 1 and 3 and **open windows and doors** to increase ventilation.

Only **you** can keep our community safe. Please do your part.

Thank you.

Vinalhaven Public Health Team

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