



12-04-2020 **EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE**

It's been 12 days since we announced that an individual on Vinalhaven had tested positive for COVID-19. The state is continuing to see record high daily totals of positive cases, hospitalizations, and, tragically, deaths. Many of these new cases are linked to small gatherings of families and friends not living in the same household, reminding us that we must continue to avoid unnecessary in-person get-togethers, and we must always wear our masks, wash our hands, and watch our distance.

State Updates

As of December 4, 2020 there were **2,743 active cases in the state, 35 in Knox county, and 12,844 total cumulative cases statewide**. The **state's positivity rate** continues to climb dramatically; it is **now 4.87%**. See COVID-19 data on the Knox Hub website knox-hub-knoxme.hub.arcgis.com

The Mills Administration announced today it will extend the requirement for **all outdoor and indoor** amusement venues, movie theaters, performing arts venues, casinos, and **businesses that provide seated food and drink service**, including social clubs, restaurants, and bars and tasting rooms currently open for outdoor service, to **close for the night by 9pm through Sunday, January 3, 2021**. The extension, which lasts beyond New Year's Eve, is aimed at limiting activities that lead to COVID-19 transmission.

On the heels of a recent change in the US CDC's quarantine guidelines, the Maine CDC is **changing** their **quarantine requirement from 14 days to 10 days** for individuals who are close contacts of those who test positive. People in quarantine are recommended to be tested approximately 5-7 days after exposure, but must remain in quarantine for the full 10 day period, regardless if they've received a negative test result.

Word on the Street

ICMS has **FREE Masks, Gloves and Hand Sanitizer for EVERYONE!** Contact ICMS to get yours. **(207) 863-4341**

With increasing community transmission, we all need to take steps to deny the virus opportunities to harm our friends, family, and loved ones. Delaying shared celebrations or adapting holiday traditions in ways that allow us to spread good cheer without spreading the virus can help ease stress on Maine's health care system and potentially save lives.

*—Dr. Nirav Shah,
Maine CDC Director*

Have you received your flu shot yet?

If you missed ICMS's latest flu clinic, call the office to make an appointment to get your no-cost flu shot free ASAP!
(207) 863-4341

Food and Other Assistance

The **Brown Door** (food pantry) and the **Little Free Pantry** plus other groups in the community offering food assistance. For more info visit www.townofvinalhaven.org/home/pages/get-help-basic-needs

MaineHousing's Rental Relief Program provides up to \$1,000 in rental assistance to eligible applicants for up to three months. www.mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program

Tip of the Month: Know Your Terminology

Quarantine: Keeping someone who might have been or was exposed to someone with COVID-19 from coming into contact with others. Being in quarantine does NOT mean you necessarily have COVID-19.

Isolation: Keeping someone who is ill from coming into contact with others. Being in isolation means you tested positive for COVID-19.

Close Contact: Someone with whom you have been within 6 feet of for at least 15 cumulative minutes over the course of 24 hours.

Who does not need to go into quarantine? If you have not been in direct, close contact with a confirmed or probable case of COVID-19, you do not need to quarantine. If you are a close contact of a close contact, you do NOT need to quarantine.

Why do we quarantine people at all? It allows us to break chains of potential spread and transmission of COVID-19. We ensure they do not possibly expose others; it's a precautionary public health measure.