



## 4-2-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

### Reminders

#### The 3W's are Still a Must!

Don't forget to keep practicing the 3 W's: *Wear your mask. Wash your hands. Watch your distance.* Even if you've been fully vaccinated, we URGE you to follow CDC Guidelines. This includes continuing to wear your mask and maintaining physical distance in public. Remember that Maine has a mandated face covering policy for all public settings, regardless of the ability to maintain physical distance. *Thank you for doing your part to keep our community safe!*

#### Travel, Testing, and Quarantine

ICMS has received many inquiries regarding Maine's travel policy and the requirements for testing or quarantine. Go to the source to get the facts. The Maine CDC has clear travel guidelines

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml) The Keep Maine Healthy page also lists Maine's travel requirements [www.maine.gov/covid19/keepmainehealthy/faqs](http://www.maine.gov/covid19/keepmainehealthy/faqs)

#### Get Vaccinated

There are many benefits to being fully vaccinated, including being able to visit others who are fully vaccinated without needing to wear face coverings or maintain six feet of distance! Check out all of the benefits here

[www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html)

Also, in order for the population to slow down the spread of the virus by achieving "herd immunity", upwards of 80+% of the population needs to be fully vaccinated. *Please do your part! Get Vaccinated ASAP!*

### Local Vaccination News

To date ICMS and volunteers have worked together to vaccinate 728 islanders. By the latest counts, 34% of island residents have been fully vaccinated. Vaccination Clinics are being scheduled approximately every two weeks with around 110 doses per clinic. If you would like to be added to the ICMS vaccination list to be eligible for upcoming vaccination clinics, please contact **Anna Clapham (207) 863-4341 ex. 1126** or [aclapham@icmsvh.org](mailto:aclapham@icmsvh.org)

### Vinalhaven Case Info

March 2020 – April 1, 2021

Known Active Confirmed Positive – 0  
Total Known Confirmed Positive – 7  
Total Recovered – 7

For state and county data, go to **knox-hub-knoxme.hub.arcgis.com**

PenBay is also a vaccination site option for island residents. For more information call **1-877-780-7545** or visit [www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs](http://www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs) Vaccines are available at other facilities throughout the state. FMI go to [www.maine.gov/covid19/vaccines/vaccination-sites](http://www.maine.gov/covid19/vaccines/vaccination-sites)

### Updates from the State

#### New Vaccination Eligibility Timeline!

A revision to Maine's Vaccination Timeline makes *all residents age 16 and over* eligible for

COVID-19 vaccinations as of April 7, 2021. For more information about Maine's vaccination schedule, vaccine eligibility, and vaccination sites, go to [www.maine.gov/covid19/vaccines](http://www.maine.gov/covid19/vaccines) or call **Maine's COVID-19 Community Vaccination Line 1-888-445-4111**

#### Moving Maine Forward Plan – Summer Guidelines and Revised Travel Requirements

Moving Maine Forward is a multi-month plan with guidelines which help maintain public health protocols like mask-wearing, physical distancing, and hand-washing; update capacity requirements for gatherings and businesses; and revise Maine's travel policy to allow those fully vaccinated to be exempt from travel-based testing and quarantine requirements, among other changes. For details on the Moving Maine Forward Plan, go to [www.maine.gov/covid19/moving-maine-forward](http://www.maine.gov/covid19/moving-maine-forward)

### State Vaccination and COVID-19 Case Counts

As of April 1, 2021, 20.61% percent of the Maine population (277,098) has been fully vaccinated. There were 1,612 active cases reported in the state and 50,787 total cumulative cases statewide. Currently there are 28 active cases in Knox county. The state's positivity rate is 2.43%. See COVID-19 data on the Maine CDC website [www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml)

### Guidelines for Fully Vaccinated Individuals

Check out this article from Johns Hopkins [www.jhsph.edu/covid-19/articles/what-you-need-to-know-about-the-cdcs-covid19-guidance-for-fully-vaccinated-individuals.html](http://www.jhsph.edu/covid-19/articles/what-you-need-to-know-about-the-cdcs-covid19-guidance-for-fully-vaccinated-individuals.html)