



1-8-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

Our hearts are very heavy tonight. COVID-19 case counts, hospitalizations, and, sadly, deaths, continue to rise across the state (and the nation). Today a record new high 782 cases of COVID-19 were reported by the Maine CDC. This startling number should be a blatant reminder to us all why we need to continue to be cautious and to always wear a mask in public, to always maintain our distance from others outside of our immediate household or pod, and to always wash our hands frequently. Please, don't take risks. Avoid unnecessary in-person get-togethers, and if you don't have to travel, stay home.

State Updates

As of January 8, 2021, there were **16,291 active cases** reported in the state (an increase of 3,811 cases since our 12-31-20 update) and **28,407 total cumulative cases statewide**. Currently there are **205 active cases in Knox county**. The state's **positivity rate is 6.60%**. See COVID-19 data on the Knox Hub website knox-hub-knoxme.hub.arcgis.com

As of today, 46,633 high-risk individuals, primarily front-line healthcare workers, have received their first dose of the COVID-19 vaccine. This week some ICMS staffers began receiving their first vaccine dose, and this weekend, Vinalhaven EMS First Responders will receive their first dose. The next folks on island to receive the vaccine will be our most vulnerable—our neighbors and loved ones at Eldercare and Eldercare staff.

Word on the Street

Feeling isolated? Dealing with stress and anxiety? Maybe you struggle with substance use disorder or mental illness?

Help is available locally through ICMS behavioral health providers – call **Jeff Wilber, LCSW, (207) 449-9448** or

Vinalhaven Case Info March – January 8, 2021

Known Active Confirmed Positive – 0
Total Known Confirmed Positive – 5
Total Recovered – 5

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

Dan Keniston, LCSW, (207) 837-4057 Help is also available from the state. The **StrengthenME** program offers free stress management and resiliency resources to anyone in Maine experiencing stress related to the COVID-19 Pandemic. **Call (207) 221-8198** Go to www.maine.gov/dhhs/samhs/virtual-recovery.shtml for online and phone substance use disorder recovery support.

Know someone who needs food assistance? How about heating assistance?

Locally, 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

Contact Sue at the **Vinalhaven Fuel Fund** for help with heating your home **(207) 863-4822**

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

Tip of the Week: When will I be getting my vaccine?

Maine CDC is using a vaccination priority list and timeline that is dependent upon the amount of vaccine received by the state according to federal allocations. We published this vaccination priority list in our 12-15-20 Update and thought it was worth sharing again.

Go to www.townofvinalhaven.org/sites/g/files/vyhliif3981/f/uploads/release121520.pdf

