

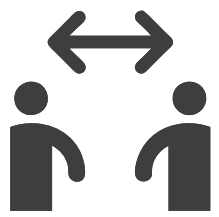
# VINALHAVEN COMMUNITY COVID-19 GUIDELINES

We are still in a Pandemic. Do your part to put your safety, your family's safety, and the safety of the community first. Do not take unnecessary risks, and be respectful of others by abiding by these guidelines.

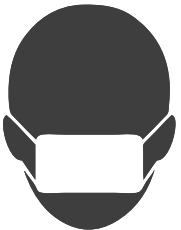


## Safety Protocols

**Stay home** if you are exhibiting symptoms of COVID-19 or if you are in quarantine. Limit any unnecessary travel.



**Maintain physical distance** by keeping at least 6 feet away from others unless you are living in the same household.



**Do not gather in groups** of more than the permitted number according to current guidelines.

**Wear a face covering** when in public, including places of business, downtown, on the ferry, and all areas where keeping at least 6 feet away from others is not possible.



**Comply with CDC guidelines.** Do not touch surfaces unnecessarily. Wash/sanitize hands often.

**Comply with all guidelines for individual businesses.**

**Stay safe. Keep others safe. Be kind.**



Scan code FMI

## STATE AND LOCAL TESTING AND QUARANTINE INFORMATION

### Testing

ICMS is only able to provide testing for those that meet the CDC and lab guidelines. Maine is **urging visitors** to "Know Before You Go" and to **be tested and receive results in their home state**. Websites like **Get Tested COVID-19** show local testing options nationwide.

### Quarantine

(Effective June 26) Maine has two options for visitors from other states: **1) getting a recent negative COVID-19 test**; or **2) quarantining for 14-days** upon arrival. Visitors from NH and VT are exempt from these requirements.

**People staying in rental lodging** who are not ME, NH, or VT residents **must sign a Certificate of Compliance** indicating either that they have received a **negative COVID-19 test** result, that they will **quarantine for 14 days**, or that they have **already completed their quarantine** in

**Maine.** Certificates of Compliance are **available upon registering with your rental lodging**.

If ME residents visit NH or VT, they are not required to quarantine upon returning to ME. However, if they visit elsewhere, they must quarantine for 14 days or use a negative test.

Seasonal homeowners, workers traveling to the island, and other visitors may also use a recent negative COVID-19 test as an alternative to the required 14-day quarantine in Maine.

The Town asks **all who travel to the island from out-of-state to complete a Certificate of Compliance** available on the Town's website. Prior to or upon arrival, return the completed certificate to the Emergency Operations Center via email, fax, or use the online form.

**If you are coming to the island from ANY AREA with community spread, it is RECOMMENDED you quarantine for 14 days.**

### When in Quarantine...

**Stay in your house or on your property** during the length of your quarantine. Do not go out to shop, to hike public trails, to meet someone at the ferry, etc. Contact businesses on-island to **arrange to have items delivered** (groceries, medications, toiletries, etc.).

### Monitor for symptoms.

If you have a fever, cough, or other symptoms, you might have COVID-19. Most people have a mild illness and are able to recover at home, but you should **call your medical provider** immediately and keep track of your symptoms, especially if you think you may have been exposed to COVID-19.

If you experience **emergency symptoms**—trouble breathing, persistent pain or pressure in the chest, confusion or inability to arouse, bluish lips or face—**call 911** and let dispatch know you may have COVID-19.

### Contact local businesses to get supplies while quarantining or distancing.

**Support the local economy!** Contact businesses directly to **arrange for delivery of goods**. The Town's website has a list of businesses offering essential services, as well as links to the Vinalhaven Chamber of Commerce website and the Vinalhaven phone book—both list business contacts.

For on-island goods, ICMS offers **free delivery** to anyone in need of supplies. Contact **Vinalhaven Taxi (207) 720-0056** or the business you are shopping with to request delivery.

For mainland deliveries, **Bunkers (207) 863-4828** and Penobscot Island Air (PIA) **(207) 596-7500** offer various pick up and delivery options. In addition, Phil Crossman and his brother Dick provide mainland deliveries to the island **(207) 863-4917**.