



VINALHAVEN  
PUBLIC HEALTH  
TEAM

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*The Public Health Team meets on a semi-regular basis and more frequently when necessary. We will provide the community with relevant COVID-19 information in a timely manner. This collaborative partnership has been in place since March 2020 when Maine declared a civil state of emergency.*

## COVID-19 Update 12-30-2021

### Active Case Count

As of the end of the day Wednesday, December 29, 2021, ICMS is reporting that there are **6\* active cases** of COVID on Vinalhaven.

*\*This count only represents the confirmed positive tests that have been shared with ICMS.*

### ICMS Contact Tracing Update

ICMS providers/staff continue to monitor COVID cases and contact trace when necessary. There may be certain cases that will require additional resources to complete the contact tracing at which point they may look to Maine CDC for assistance.

### Vaccine Update

Nearly 600 booster shots have been administered on the island since October 28th. If you have not yet received your booster shot, contact Janica Barrows at 863-4341 to schedule your vaccine appointment. If you have a child, ages 5 to 11, and would like them to be vaccinated, contact Janica at ICMS or Amanda Philbrook at the school (863-4800). ICMS needs a minimum of 25 children before being allotted the Pfizer vaccines for this age group.

### School Update

VH School is keeping a close eye on the local case counts to be able to make a decision about a safe return to school following the holidays and recent positive cases. Any decisions will be made public through the school's communication methods.

**Basketball** games will be livestreamed and information about finding the video will be available on the school's Facebook page.

### What steps can I take to keep myself and my family members safe from the Omicron variant during holiday gatherings, travel, and at other times?

- The recommended precautions have not changed.
- The best thing you can do to protect yourself and your loved ones is to get vaccinated. If it has been six months since your final dose of Pfizer or Moderna – or two months since your dose of Johnson & Johnson – get a booster.
- Wear face coverings in public indoor places. When possible, open windows to promote air flow. Gather outdoors when possible. Stay home and avoid others if you feel sick.

### Questions?

- Contact 2-1-1 for general information about COVID-19 or visit Maine CDC's website.
- Contact ICMS, 863-4341 if you are looking to schedule an appointment for a vaccine.
- Contact the school, 863-4800, with questions about school COVID policies.
- Businesses with COVID-19 questions can call 2-1-1 or the Town Manager, 863-2042

### Known Cases 12-30-2021

#### Vinalhaven

Confirmed Positive – 6  
Booster shots - 576

#### Maine

New Cases – 1,090  
New Vaccines – 7,483  
Booster Doses – 5,323  
Final Dose – 71.16%

For state and county data, go to <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml>

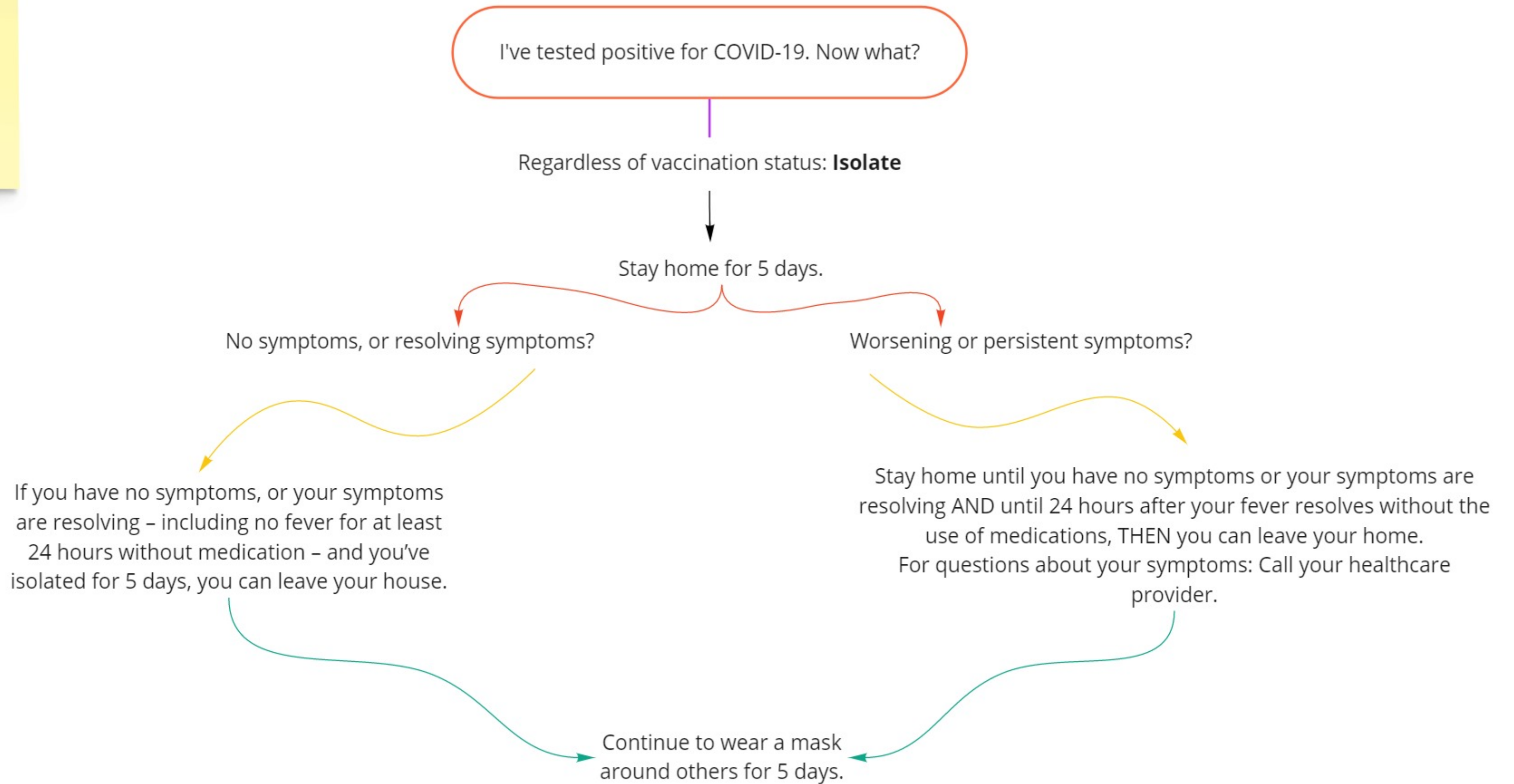
**New CDC guidance is available for those who have tested positive for COVID-19 or been in close contact with someone who has tested positive for COVID-19.** Refer to the included diagram to learn what you need to do if you have tested positive or been in close contact with someone who has tested positive.

#### What is a Close Contact?

- Being within 6 feet of an infected person for a total of 15 cumulative minutes or more over 24 hours
- Providing care at home to someone who is sick with COVID-19
- Direct physical contact with an infectious person (e.g. hugging/kissing)
- Sharing eating or drinking utensils
- Being exposed to respiratory droplets from an infectious person (ex. sneezing/coughing)

This guidance is for the general public.

[Healthcare related guidance is here.](#)



# Ending COVID-19 Isolation and Quarantine for Non-Healthcare Settings

## If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

## If You Were Exposed to Someone with COVID-19 (Quarantine)

**If you:**

Have been boosted

**OR**

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**OR**

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

*If you develop symptoms get a test and stay home.*

**If you:**

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

**OR**

Completed the primary series of J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

*If you develop symptoms get a test and stay home*

For more information, visit [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus).