Dear Friends,

It’s hard to believe we are rapidly approaching the one year mark from when we first responded to the coronavirus pandemic. So much has changed since then. We know how to protect ourselves against the virus by applying the 3W’s (wearing a mask, washing our hands, and watching our distance.) We have not one, but three vaccines that are highly effective at minimizing our chances of contracting the virus and of becoming severely ill if we do. Across the state, 9% of Maine’s population has been fully vaccinated. This is a hopeful time for us all!

Although the vaccine is here, COVID-19 remains a serious public health crisis. While vaccinations are underway, we should continue to wear masks, practice physical distancing, wash our hands often, and avoid gatherings.

While we encourage you to follow CDC guidelines and avoid unnecessary travel, we know many of you may choose to get away over spring break. If you plan to travel to or from any state other than NH or VT, please follow the state’s guidelines and either quarantine for 10 days upon your return or receive a negative COVID test no more than 72 hours prior to returning home. Most importantly, know how to minimize your risk of contracting and transmitting the virus.

We know the virus is transmitted through droplets projected from the nose and mouth. This is why wearing a face covering is so critical and why we shouldn’t “share air” with people outside of our household or pod. If you do spend time with others, make sure you’re outside, masked, at a distance of at least six feet apart, and that you limit the duration of contact to 15 minutes.

This mailing provides resources about vaccinations, testing, travel guidelines, and community assistance. If you have additional questions, you can reach out to the EOC at (207) 863-2042 or VHEOC@townofvinalhaven.org. You can also dial 211 to access the state’s resource line or email info@211maine.org.

As always, be safe. Be kind. And thank you for doing your part.

Sincerely,

Jen Desmond, FNP, Public Health Officer
Eric Gasperini, Select Board Chair
Vaccination Information

**State** Effective March 3, 2021, **Maine will use an age-based approach for vaccination eligibility.** While vaccination is planned to proceed consecutively through the age groups outlined below, flexibility is possible based on vaccination progress and vaccine supply. **Only Maine residents are eligible to receive a vaccine in Maine at this time. Exact dates for age-eligibility will be announced.**

**March 3:** Age 60 and older; **April:** Age 50 and older; **May:** Age 40 and older; **June:** Age 30 and older; **July:** All ages, including children pending authorization of a child vaccine.

For Maine Vaccine Information, including FAQs, what to expect, and vaccination sites across the state, go to [www.mainegov/covid19/vaccines](http://www.mainegov/covid19/vaccines).

**COVID-19 Maine Travel Requirements**

Visitors coming to Maine from other states (except for NH and VT) and Mainers traveling back to Maine from anywhere other than NH or VT, must either **quarantine for 10 days upon arrival, or receive a negative COVID-19 test no more than 72 hours prior to returning home.** For a complete overview of Maine’s COVID-19 Travel Requirements, go to [www.mainegov/covid19/restartingmaine/keepmainehealthy/faqs](http://www.mainegov/covid19/restartingmaine/keepmainehealthy/faqs).

**Testing**

ICMS does not provide testing for those without symptoms. This includes people seeking an alternative to travel-related quarantine. For a complete list of testing sites (Swab & Send sites) that provide testing to those who wish to test out of travel-related quarantine, go to [www.mainegov/covid19/restartingmaine/keepmainehealthy/testing](http://www.mainegov/covid19/restartingmaine/keepmainehealthy/testing).

**Help from the State**

**Maine Assistance Programs** Food and fuel assistance are available through the SNAP, WIC, and TANF programs. Call (855) 797-4357 to learn more.

**MaineHousing Emergency Rent Relief Program** Rental and utility relief payments to help eligible renters maintain housing stability. For more information and to apply online go to [www.mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program](http://www.mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program) or contact 1-800-452-4668, rentrelief@mainehousing.org.

**Behavioral Health Support**

**ICMS Providers** are available to take calls anytime and can work with you over the phone or with Zoom. Contact **Jeff Wilber, LCSW, (207) 449-9448** or **Dan Keniston, LCSW, (207) 837-4057**.

**StrengthenME** Free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 Pandemic. Call (207) 221-8198 or go to [www.strengthenme.com](http://www.strengthenme.com).

**Local Help With Basic Needs**

**General Assistance** Local assistance for residents having difficulty paying for basic necessities. Contact **Andy (207) 863-2042, townmanager@townofvinalhaven.org**

**Vinalhaven Community Outreach COVID-19 Fund** Help for residents financially affected by the virus. Contact vhcommunityoutreach@gmail.com.

**Vinalhaven Fuel Fund** Pays for up to 100 gallons of fuel. Contact **Sue (207) 863-4822**.

**Little Free Food Pantry** Free staples for anyone in need. No questions asked. Nothing to sign up for. Just come by and get what you need. Located at the Fire Station/Public Safety Building.

**The Brown Door at the Union Church** Free grocery staples. Contact **Holly (207) 363-3423 or Candi (207) 863-2001**.

**Community Lunchbox** Prepared meals delivered on Mondays. Contact **Candi (207) 863-2001**.

**Meals on Wheels** Prepared meals delivered to those unable to leave their homes. Contact **Linda (207) 863-9980 or (207) 863-9343 or Shelly (207) 863-2058**.

**Open Bible Baptist Church Corona Virus Relief Fund (CVRF)** Food for anyone in need. Contact **Cathy (207) 286-2550 or Maggie (207) 863-2185**.

**Area Interfaith Outreach (AIO) in Rockland** Offers food and heating assistance to Knox County residents. Go to [www.aiofoodpantry.org](http://www.aiofoodpantry.org) or contact (207) 596-1043, email@ aiofoodpantry.org.

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