

COVID-19 Vinalhaven Emergency Operations Center (EOC)

Andrew Dorr
Town Manager

Marc Candage
EMA Director

Kerry McKee
EMS Director

Jen Desmond
Public Health Officer

Pat Lundholm
Public Information Officer

Gabrian McPhail
Community Outreach
Coordinator

Tanya Robishaw
EOC Support Staff

Janica Barrows
EOC Support Staff

EOC Contact
VHEOC@
townofvinalhaven.org
207-863-2168

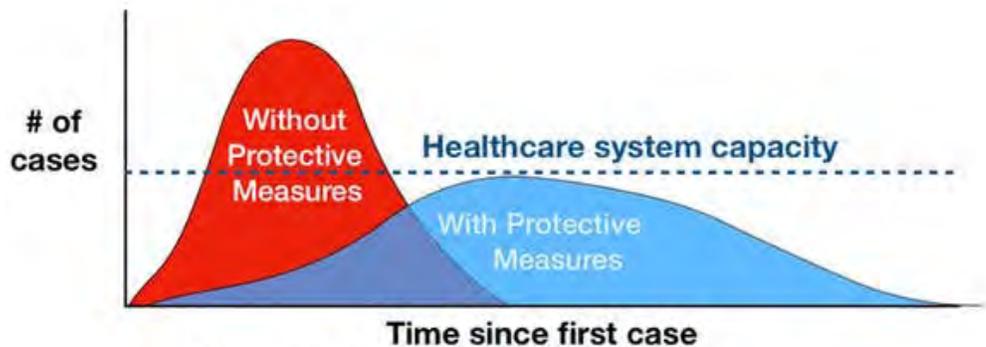
Town of Vinalhaven
19 Washington School Rd
Vinalhaven, Maine 04863
Phone: 207-863-2042
Cell: 207-266-7806
Fax: 207-863-4393
www.townofvinalhaven.org

COVID-19 Daily Update 4-4-20

FACE MASKS

As the Covid-19 pandemic began spreading across the country, we were given lots of science-based information from the CDC about how to protect ourselves. We learned how important frequent, thorough hand washing is, how to cough into a tissue or elbow, how to practice physical distancing, and how to recognize the signs and symptoms of Covid-19. In all that time, recommendations from the CDC did not include any recommendation to wear a mask if we were not sick, and in fact, recommended against it.

That recommendation changed today. As the CDC has more information about the disease, their scientists have now concluded that as many as 20% of people who have contracted the disease may be contagious prior to showing any symptoms. If we are sick with no symptoms, and we put on a mask to run our essential errands, that mask may prevent our transmission of the virus to the gas station attendant or the grocery store delivery person. This will help to slow the spread, or “flatten the curve”.



Adapted from CDC / The Economist

Flatten the Curve: How can protective measures like social distancing affect how the coronavirus outbreak impacts our society?

Credit: Drew Harris

There are different kinds of masks. The N95 mask that healthcare workers wear to keep from getting sick when they are caring for a sick person is specialized. It is made of a material that is not readily available, and, most important, people who do the kind of work that requires wearing an N95 are fit tested annually because the fit is so important. Currently, on Vinalhaven, we believe we have enough of these masks to protect our health care workers.

The surgical mask is much simpler, and those of us that sew probably have plenty of scrap material from which to make masks. We can make them at home with scraps of material – two pieces of 6” X 9” and some elastic. If you don’t have elastic, you can make cloth ties. It takes about 15 minutes after you’ve made the first one.

The CDC has plans on how to make the masks, including non-sewn masks cut from t-shirts. If sewing is not part of your skillset, you can make your mask with just a pair of scissors.

www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf

If you have those scraps and know how to sew, making masks for you and your family is a great project to undertake. If you would like to make more for community members who don't have that ability, you can make as many as you like and drop them off at the Town Office door. They will be washed before being given away, so you don't have to do that.

BUT! Masks are just one more tool in slowing the disease. The most important things to do are:

- Stay at home except for essential needs (and then wear a mask)
- Wash your hands vigorously, frequently
- Cough into a tissue or your elbow
- Watch for symptoms: fever, cough, sore throat, difficulty breathing, and self-quarantine (self-quarantine means home delivery and no going out for essential needs) if you have these symptoms. Call ICMS if your symptoms are severe.

As always, please contact the EOC with your questions and for assistance. Subscribe to “Urgent Alerts” on the Town’s website to automatically receive Daily Updates in your inbox.