



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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COVID-19 Daily Update 4-7-20

SAFE DELIVERIES – SAFE CAREGIVING

What a day it was today! Open windows, fresh air in the house, and amazing birdsongs lifting our spirits. The best part is that this is only the beginning of such glorious weather.

Many people are participating in the Governor's Stay Healthy at Home Mandate and are having deliveries made to their homes. We are grateful to the businesses and volunteers who are making those deliveries. Besides meals, food, and other essentials being brought to the door, UPS and Fedex continue to bring goods to the island. The palms delivered to many congregants last weekend brought joy to the recipients.

We thought this would be a good time to remind everyone how to make safe deliveries, both for the deliverer and the recipient.

When You Are Making Deliveries

- Check your temperature and note any symptoms you may have. If you have a fever, sore throat, or cough, you should not make deliveries.
- Wash hands vigorously and often and use hand sanitizers frequently.
- Wear a mask or cloth face covering, just in case the occupant is waiting for you and opens the door as you are there. Masks and cloth face coverings protect others.
- Leave the delivery at the door, not inside the house.
- Knock on the door, but don't go in the house. If you want to be sure the occupant heard your knock, step back and wait, but stay at least six feet away from the occupant.
- It's great to wave, smile, say hello from that six foot distance.
- If you need a mask or cloth face covering and can't make your own, contact VHEOC@townofvinalhaven.org, and we will see that you get one.
- Use hand sanitizers in between deliveries if you have more than one delivery to make.
- Wash your hands hands vigorously when you are all done.

When You Are Receiving a Delivery

- Wash your hands vigorously.
- Respect the delivery person by keeping at least 6 feet away when they arrive.
- It's great to wave, smile, and say thank you, as long as you maintain a six foot distance (at least two arm lengths).
- After you take in your delivery and put it away, wash your hands vigorously.

Governor Mills' Stay Healthy at Home Mandate means that we do not go into other people's homes unless for an emergency. There are some home situations, however, where the resident is not physically able to care for themselves. Caregivers who need to go into others' homes to help with basic needs, **MUST** take extra caution so as not to put those they care for at risk. If you are doing in-home care, there are extra guidelines you should follow.

Safe Caregiving

- Be certain this is an essential need, and not just because the person you are calling on is lonely or anxious. As important as it is to comfort those that live by themselves in compromised situations, we need to minimize physical contact with others to save lives. The telephone may be a better tool for this purpose.
- Don't bring anyone else in the house with you.
- Wash hands vigorously before going to the house .
- Wear gloves and mask or cloth face covering. If you need a mask or cloth face covering and can't make your own, contact VHEOC@townofvinalhaven.org, and we will see that you get one.
- Avoid hugging and close physical contact as much as possible.
- After performing your work, sanitize all the hard surfaces you have been near.
- Wash your hands vigorously after leaving the house.

The compassion and generosity of this community are what will help see us through this pandemic. Closeness without being close is hard! Thank you for all you are doing to boost the spirits of your friends and neighbors. Together we can do our best to meet each others' needs while still following best practices and slowing the spread of this disease.

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