



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 4-15-20

FACE COVERING UPDATE

It's great to see so many people wearing a face covering when having to engage in conversation or close contact while picking up an essential need. We think that our hardworking seamstresses have made a combined number of over 400 masks, and that workers in the Main St. and fishing industry all have a mask. If you work in an essential service and do not have a mask, please let us know at vheoc@townofvinalhaven.org or call **1-207-863-2168**

The key steps to reducing spread of Covid-19, in order of importance, are

- Self quarantine at the first sign of any symptom or exposure to anyone who has the virus. As a reminder, the symptoms include fever, sore throat, and dry cough. Notify ICMS **1-207-863-4341**
- Stay home, except for outdoor exercise and the obtaining of essential services.
- Maintain a physical distance from others not in your immediate household of at least 6'; some experts are now saying 13'. If you would like to watch a demonstration of how the Covid droplets are distributed following a cough or sneeze, check out this NYT video www.nytimes.com/interactive/2020/04/14/science/coronavirus-transmission-cough-6-feet-ar-ul.html
- Wear a face covering when in contact with others.

Please note: #3 comes before #4 in importance! Wearing a face covering does not protect you – it helps to protect the person you are talking to.

Thank you for your continued efforts to slow the spread of this disease!

BEFORE ANGER TURNS TO VIOLENCE, REACH OUT FOR HELP

We've talked often about dealing with anxiety during this pandemic, but we haven't talked much about what happens when that anxiety, or simply the prolonged confinement with loved ones, leads to anger. We've heard on the news that there is an increase in the number of calls concerning domestic violence. If you are feeling that pent up anger and don't want to unleash it on your family, either verbally or physically, please ask for help!

Get help from an ICMS behavioral health provider. Contact Dan Keniston at ICMS **1-207-863-9959 Option 3**

Call the Maine Statewide Crisis Hotline 24/7 for immediate crisis-oriented help **1-888-568-1112**

Call the Maine Warm Line 24/7 for connecting with someone if you need mental and emotional support **1-866-771-9276**

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.

Please check the Town website or Facebook page daily – updates are posted by 7 PM. You can email questions to VHEOC@townofvinalhaven.org. This community is a special place and together we will get through this!