



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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COVID-19 Daily Update 4-27-20

QUARANTINE

As directed by Governor Mills' executive order of March 31, we are all living under the Stay Safe at Home mandate. Most of us wear face coverings when we have interactions with others, we understand the concept of essential services, and we are vigilant about maintaining a separation of six feet from others. Although the mandate is restrictive, it is not the same as being quarantined.

Why Quarantine?

Any one of these four circumstances is enough to move us from social distancing to full quarantine:

1. We have tested positive to Covid-19.
2. We have had a significant exposure to someone who has tested positive to Covid-19. A significant exposure usually means being in close proximity with the ill person for more than 10 minutes, or sneezing and coughing during the interaction.
3. We have arrived on Vinalhaven from a place of significant community spread, such as the four counties in Maine (which includes the city of Portland), along with nearby states of Massachusetts, Connecticut, or New York.
4. We have any of the symptoms of Covid-19 but have not yet been tested. The symptom list has expanded, and now includes fever, chills, repeated shaking with chills, muscle pain, sore throat, headache, cough, shortness of breath or difficulty breathing, and new loss of taste and smell.

When we are quarantined, it is either because we are a carrier, or because there is a good chance that we could be a carrier. The insidious side of this disease is that many people with it show no symptoms, but that does not mean they are not capable of transmitting it to others. Wearing a face covering does help reduce the airborne droplets that are circulated, but does not eliminate them. Hands that touched faces can leave droplets behind on doorknobs and other hard surfaces. For these reasons, the governor has mandated that people coming into the state must self-quarantine for two weeks.

Quarantine Dos and Don'ts

When in quarantine, you and the people you live with do not go out in the community, for anything. There is no such thing as travel for an essential service. On Vinalhaven, we are blessed with a grocery store that will pick orders for you and deliver the food, as well as many organizations that are making meals and delivering them. It is not difficult to find a friend or neighbor to pick up mail from the post

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office, take trash to the transfer station, or any other small thing that you find that you need. The ICMS staff will make house calls.

This is a small thing to ask—fourteen days of isolation to prevent this dreadful disease from circulating in our community. If symptoms don't appear, that is wonderful. If they do, you will feel confident that you have done your best for your friends and neighbors. *"How you live your life today can affect how the people in your community live their life tomorrow," Dr. Shah said.*

When we are quarantining, or limiting our essential travel by having deliveries made to our homes, how do we protect the people making the deliveries? This essential service is critical for making the quarantine or Stay Safe at Home mandates work, and protecting the folks who are out making the deliveries is an "essential" responsibility of all of us. Whether or not we are in quarantine, we all look forward to the arrival of food, a book, or the potting soil that we have ordered. We hear Pat honk the horn of the UPS truck as he arrives, and again as he leaves. These two honks alert us that a package has arrived, and that it is safe to open the door to retrieve it. Meanwhile, he has touched nothing and stayed safe himself.

That method works perfectly for well-spaced houses when the occupant is home. There are other situations, though, where some creativity is required, and here we offer some ideas. If you adopt one or more of these for safe deliveries to your home, please be sure and notify your delivery person of your plan—again, not by opening the door to have a conversation, but by phone or email or a note on the door.

- If you have a garage, open the door on delivery day.
- Put two marks on your door. One should mark a no touch zone—this would be around the door knob and where you would normally knock. A second spot should be on the opposite side of the door, and be identified as a safe place to touch.
- For meals or delivery in inclement weather, putting a cooler or tote outside your door would be perfect, but leave some hand sanitizer there, too, so the delivery person can take care of his or her hands after making the delivery.

It's great to acknowledge the person making the delivery through the window with a wave and a smile, especially to that dedicated group of volunteers bringing meals to us. As tempting as it is, though, to open the door for a chat, remember to protect them, just as they are protecting you.



Front door signs indicating Touch and No Touch Zones.

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.