



## 4-30-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

### Updates

#### **Four Confirmed Positive Cases on North Haven**

As of April 30, North Haven reported four confirmed COVID-19 cases on their island. The individuals who tested positive are quarantining themselves and the North Haven Health Clinic is conducting contact tracing. We are always sad to hear of positive cases on our islands. Please remember the risk of contracting and transmitting COVID-19 is real. Remember to observe all the COVID-19 safety protocols we've grown accustomed to practicing: wear your mask, keep six feet apart from others, and wash your hands. And please, *get vaccinated if you can!*

#### **Get Vaccinated! (Especially Younger Folks)**

There are many benefits to being fully vaccinated, including protecting yourself and others from getting COVID-19 and being able to visit others who are fully vaccinated without needing to wear face coverings or maintain six feet of distance! Check out all of the benefits here [www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html)

Also, in order for the population to slow down the spread of the virus by achieving "herd immunity", upwards of 80+% of the population needs to be fully vaccinated.

If you are age 18+ you can get vaccinated with the J&J or Moderna vaccines through ICMS. If you are age 16-18, you'll need to get the Pfizer vaccine off-island.

Here's how to get vaccinated ASAP:

If you would like to be added to the ICMS vaccination list to be eligible for upcoming vaccination clinics, please contact **Anna Clapham (207) 863-4341 ex. 1126** or [aclapham@icmsvh.org](mailto:aclapham@icmsvh.org)

If you're able to travel off-island, vaccines are available at other facilities throughout the state. Visit [www.maine.gov/covid19/vaccines/vaccination-sites](http://www.maine.gov/covid19/vaccines/vaccination-sites)

PenBay is also a vaccination site option for island residents. For more information call **1-877-780-7545** or visit [www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs](http://www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs)

#### **Vinalhaven Case Info**

*March 2020 – April 30, 2021*

Known Active Confirmed Positive – 0

Total Known Confirmed Positive – 7

Total Recovered – 7

For state and county data, go to [knox-hub-knoxme.hub.arcgis.com](http://knox-hub-knoxme.hub.arcgis.com)

#### **J&J "Pause" Lifted**

On April 23, the CDC and FDA recommended that the use of J&J/Janssen COVID-19 Vaccine resume. A review of all available data at this time shows that the J&J Vaccine's known and potential benefits outweigh its known and potential risks for those recommended to receive it. However, women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets after vaccination, and that other COVID-19 vaccines are available where this risk has not been seen.

The pause in use of the J&J Vaccine allowed CDC to communicate with healthcare providers and re-emphasize the importance of reporting severe events in people who have received this vaccine, as well as how to report such events. The pause also gave experts time to carefully review all available data and conduct a risk-benefit analysis around the use of this vaccine.

#### **Change to Maine's Outdoor Masking Requirement**

As of April 27, Maine no longer requires that people wear face coverings in outdoor settings, but the Maine Center for Disease Control and Prevention (Maine CDC) recommends that people wear face coverings in outdoor settings where it is difficult to maintain physical

distancing. Face coverings are still required for indoor public settings, and there are no changes to Maine’s physical distancing requirements at this time.

### Travel, Testing, and Quarantine

Effective May 1: People travelling to Maine from all states will be exempt from testing and quarantine requirements. But if one or more states see a spike in cases of highly contagious COVID-19 variants, Maine will apply its test or quarantine requirement to travelers to and from that state. People who have either had COVID-19 in the previous 90 days, or are fully vaccinated against COVID-19, regardless of state of origin, are now exempted from Maine’s test or quarantine requirement. Federal requirements related to international travel, however, remain in effect. The Keep Maine Healthy FAQs page lists Maine’s travel requirements.

[www.maine.gov/covid19/keepmainehealthy/faqs](http://www.maine.gov/covid19/keepmainehealthy/faqs)

## Vaccination News

### Local Vaccination Information

To date ICMS and volunteers have worked together to vaccinate 1087 islanders. By the latest counts, an estimated 52% of island residents have been fully vaccinated (this number does not include people who have been vaccinated off-island). If you would like to be added to the ICMS vaccination list to be eligible for upcoming vaccination clinics, please contact **Anna Clapham (207) 863-4341 ex. 1126** or [aclapham@icmsvh.org](mailto:aclapham@icmsvh.org)

### State Vaccination and COVID-19 Case Counts

As of April 30, 2021, 45.54% percent of the Maine population (512,377) has been fully vaccinated. There were 2,041 active cases reported in the state and 61,213 total cumulative cases statewide. Currently there are 35 active cases in Knox county. The state’s positivity rate is 2.59%. See COVID-19 data on the Maine CDC website. [www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/data.shtml)

### Tip of the Month: New Choosing Safer Activities Guide for Vaccinated and Unvaccinated People

The CDC released a helpful new guide showing which activities are safe or unsafe for vaccinated and unvaccinated individuals. Check it out!

[www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferActivities.pdf](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferActivities.pdf)

## Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Your Activity	Fully Vaccinated People
<b>Outdoor</b>			
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
<b>Indoor</b>			
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
Least Safe		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

**Get a COVID-19 vaccine**

**Prevention measures not needed**

Fully vaccinated people: wear a mask

Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

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Visit the Town website or facebook page for COVID-19 Updates • [www.townofvinalhaven.org](http://www.townofvinalhaven.org)  
[facebook.com/townofvinalhaven](https://facebook.com/townofvinalhaven) • Contact the EOC with your questions and concerns—we are here to help!  
[VHEOC@townofvinalhaven.org](mailto:VHEOC@townofvinalhaven.org) • (207) 863-2042