



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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UNDERSTANDING COVID-19 SYMPTOMS *and when to get help*

Sometimes when we get a tickle in our throats or have a cough, we start to worry: *Do I have Covid-19? Should I call my medical provider?* One thing is for sure, worrying makes us feel stressed and anxious, and we usually feel less anxious when we understand more and reach out for help.

CDC Updated Symptom List

As scientists learn more about the novel coronavirus, the CDC's list of symptoms for the disease has expanded. **Symptoms may appear 2-14 days after exposure to the virus** and range from mild to severe illness. Children have similar symptoms to adults and generally have mild illness. **Here's CDC's list of Covid-19 Symptoms.** Not all possible symptoms are listed so *please consult your medical provider* for any other symptoms that are severe or concerning to you.

People with these symptoms or combinations of symptoms may have COVID-19:

Cough
Shortness of breath or difficulty breathing

OR at least two of these symptoms:

Fever
Chills
Repeated shaking with chills
Muscle pain
Headache
Sore throat
New loss of taste or smell

What to Do If You Have Symptoms

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home, but you should **call your medical provider immediately** and keep track of your symptoms, especially if you think you may have been exposed to COVID-19. Your medical provider will advise you on what to do next.

What to Do If You Have Emergency Warning Signs for COVID-19

If you have any of these severe symptoms*, which may be emergency warning signs for COVID-19, get medical attention immediately by calling 911

Trouble breathing
Persistent pain or pressure in the chest
New confusion or inability to arouse
Bluish lips or face

When you call 911, notify the operator that you think you might have COVID-19. If possible, put on a cloth face covering before medical help arrives.

**Not all possible symptoms are listed here so PLEASE consult your medical provider for any other symptoms that are severe or concerning to you.*

If you are feeling unwell, but unsure about your symptoms, reach out for help as soon as possible. Call your medical provider. They are there to listen and advise you on what to do. To learn more, visit the CDC webpage **What to Do if You Are Sick**

Please reach out to us if you have any questions relating to COVID-19 by emailing **vheoc@townofvinalhaven.org** or calling **207-863-2168**