



## COVID-19 Vinalhaven Emergency Operations Center (EOC)

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# COVID-19 Update 5-11-20

## HELP PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

It's hard not to feel anxious, even fearful, when reading or hearing stories about Covid-19. But learning about the disease from the **Centers for Disease Control and Prevention (CDC)** can help us understand things in a way that might make us feel a bit more in control, even when the world around us seems chaotic.

In our **5-6-20 Update** we talked about Covid-19 symptoms—what to look for and when and who to call for help. Today we're sharing information from the CDC about what to do if you are showing symptoms, are sick, or have tested positive for Covid-19.

### Steps to Help Prevent the Spread of COVID-19 if You Are Sick

**Stay home** and contact your medical provider. Most people with COVID-19 have mild illness and can recover at home without medical care.

**Don't leave your home/property**, except to get medical care. Don't go to public places—stores, parks, trails, etc. Have essentials dropped off on your doorstep.

**Contact your employer** to let them know you are sick.

**Do not have visitors** other than a caregiver.

Wear a cloth face covering if you must be around other people (other people in your household, caregivers) or animals, including pets.

**Try to stay at least 6 feet away from other people.** This will help protect the people around you.

**Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

**Stay in touch with your medical provider** by calling them. Follow care instructions from your provider. Be sure to get care if your symptoms worsen, if you have trouble breathing or you have any other emergency warning signs.

**If you live with other people, stay alone in a specific room** if possible and away from others in your home, including pets. If possible, you should use a separate bathroom. If you need to be around people or animals, wear a cloth face covering.

**Wash your hands often** with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are unavailable.

**Cover your mouth and nose with a tissue when you cough or sneeze** and throw away used tissues in a lined trash can.

**Avoid touching your eyes, nose, and mouth** with unwashed hands.

**Clean and disinfect high-touch surfaces** in your "sick room" and bathroom.

Also see the CDC's Fact Sheet **Prevent the Spread of COVID-19 if You Are Sick** on the Town's Covid-19 Resources webpage or on the CDC's website. Please reach out to us if you have any questions or comments. We are here to help.