



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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HAVE A SAFE MEMORIAL DAY WEEKEND

Although this Memorial Day will be different from those past, what is not different is our unwavering gratitude for those who have faithfully served our state and nation in the Armed Forces. On this Memorial Day, and every day, let us express our deepest gratitude to them, their families, and those still serving every day to keep us safe. –Governor Janet Mills

Memorial Day weekend typically marks the start of summer. Parades, group cookouts, and gatherings to honor fallen soldiers are all common. Due to COVID-19, celebrations and weekend activities (like most other events this year) have been cancelled or altered to meet State and CDC guidelines. On Vinalhaven, the Memorial Day Parade will be replaced with a Facebook Live service honoring Vinalhaven's soldiers. Businesses that would normally be open to the public have changed what they offer and when. Travel is still limited to essential purposes only in accordance with the Stay Safer at Home executive order.

So with all of these changes, what can we do and how can we do things in order to protect ourselves and others?

Honoring Fallen Loved Ones

Visit cemeteries and place flowers or other memorials on the graves of loved ones.

Honor loved ones in other ways at home, like flying flags, looking at old photos, and sharing stories.

Enjoying Meals

Host a small cookout with people you live with.
Order takeout.
Have a picnic.

Visiting

Gatherings of more than 10 people are still prohibited. If you are planning a gathering of 10 or fewer people, wear a mask to protect others and understand how the virus is contracted so you can visit safely. Remember the acronym **GET IT**—a simple way to recall what to avoid in order to be safe.

Find alternative ways to visit elderly relatives or others at high risk of disease.

Don't share objects. Everyone should bring their own food and drinks.

Practice other prevention measures like washing your hands frequently, not touching your face, and staying six feet apart.

GET IT Use this acronym as a tool for remembering risk factors to avoid

Gatherings: Avoid groups of people in close proximity, the more people and the closer they are, the riskier.

Energetic exhalations: Avoid activities that involve singing, loud talking, screaming, or other exhalations or verbalizations that require more energy than normal indoor talking. These behaviors are known to project higher concentrations of viral droplets and project them farther than six feet. And of course, a heavy sneeze or cough may do the same thing.

Travel: Avoid activities that result in travel (e.g. people gathering who then disperse, or people who travel from afar).

Indoors: Avoid indoor locations, especially if the ventilation is low.

Time: The longer the contact—more than 10 minutes, for instance—the higher the risk.