



6-25-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

The Public Health Team has received word from ICMS that 3 individuals on-island have tested positive for COVID-19. These individuals are quarantining. ICMS is actively conducting contact tracing to identify all close contacts of persons testing positive. If you are contacted by an ICMS contact tracer, please abide by their instructions and quarantine as directed. If you are not contacted by an ICMS contact tracer but are experiencing any of the following COVID-19 symptoms, please quarantine and contact ICMS to arrange to have a COVID-19 test.

Vinalhaven Case Info

March 2020 – June 25, 2021

Known Active Confirmed Positive – 3

Total Known Confirmed Positive – 10

Total Recovered – 7

For state and county data, go to knox-hub-knoxme.hub.arcgis.com

you do get COVID-19. Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

If you are age 18+ you can get vaccinated with the J&J or Moderna vaccines through ICMS. If you are age 12+, you can be vaccinated (with parental permission) using the Pfizer vaccine off-island OR by contacting ICMS to be part of a Pfizer clinic. FMI contact **Anna Clapham (207) 863-4341 ex. 1126** or aclapham@icmsvh.org

COVID-19 symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms, including:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For more information about COVID-19 symptoms go to www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Get Vaccinated!

COVID 19-vaccines are effective. They can keep you from getting and spreading the virus that causes COVID-19. They also help keep you from getting seriously ill even if

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

Be Safe! Mask Up!

Wearing a mask is a great way to protect yourself and others from spreading COVID-19. If you visit a business or venue that requires masking, please do your part and abide by the guidelines they've set forth. They are working hard to keep their staff and those unvaccinated as safe as possible!



Visit the COVID-19 pages on the Town website for local COVID-19 information and helpful resources.

www.townofvinalhaven.org/home/covid-19-1

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

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
Safest		Outdoor	
		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	
		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
Less Safe		Indoor	
		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
Least Safe		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed

Take prevention measures

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

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