### Testing as an Alternative to Quarantine

1. **“Know before you go”**
   - Get tested within 72 hours of arriving
   - Quarantine while waiting for test results
   - **Test result is NEGATIVE** → Travel to Maine / to the island → No quarantine required
   - Abide by CDC and Community Guidelines

2. **“Know before you go”**
   - Get tested within 72 hours of arriving
   - Quarantine while waiting for test results
   - **Test result is POSITIVE** → DO NOT TRAVEL
   - Isolate – Stay home
   - Contact your healthcare provider
   - Monitor for symptoms

3. **Get tested in Maine**
   - get-tested-covid19.org
   - ICMS does not offer testing to asymptomatic patients
   - Quarantine while waiting for test results
   - **Test result is NEGATIVE** → Travel to Maine / to the island → No quarantine required
   - Abide by CDC and Community Guidelines

4. **Get tested in Maine**
   - get-tested-covid19.org
   - ICMS does not offer testing to asymptomatic patients
   - Quarantine while waiting for test results
   - **Test result is POSITIVE** → DO NOT TRAVEL
   - Isolate – Stay put
   - Contact your healthcare provider
   - Monitor for symptoms

### 14-Day Quarantine

5. **Travel to Maine / to the island**
   - Quarantine for 14 days
   - Stay home
   - Don’t leave except for medical emergencies
   - Monitor symptoms
   - **No symptoms** → No further quarantine required
   - Abide by CDC and Community Guidelines

6. **Travel to Maine / to the island**
   - Quarantine for 14 days
   - Stay home
   - Don’t leave except for medical emergencies
   - Monitor symptoms
   - **SYMPTOMS DEVELOP** → Continue to quarantine
   - Contact your healthcare provider
   - Call 911 if emergency warning signs develop

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FMI go to [www.townofvinalhaven.org](http://www.townofvinalhaven.org) or contact the Vinalhaven Emergency Operations Center (EOC) (207) 863-2168 or VHEOC@townofvinalhaven.org