



VINALHAVEN PUBLIC HEALTH TEAM

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The Public Health Team meets on a semi-regular basis and more frequently when necessary. We will provide the community with relevant COVID-19 information in a timely manner. This collaborative partnership has been in place since March 2020 when Maine declared a civil state of emergency.

Active Case Count

As of Thursday, January 6, 2022, ICMS is reporting that there are **17* active cases** of COVID on Vinalhaven, an increase of 6 since Tuesday.

**This count only represents the confirmed positive tests that have been shared with ICMS.*

From the School

The latest info for VH school is on the school's FB page. The School Board will meet tomorrow (1/7 at 4 PM) to consider a policy around quarantining. Folks should stand by for further info after that meeting.

What can YOU do to lower risk to yourself, your family/friends, and your community?

Wear face coverings in public indoor places. When possible, open windows to promote air flow. Gather outdoors when possible. Stay home and avoid others if you feel sick.

The best thing you can do to protect yourself and your loved ones is to get vaccinated. If it has been six months since your final dose of Pfizer or Moderna, or two months since your dose of Johnson & Johnson, get a booster.

If you have not yet received your booster shot, contact Janica Barrows at 863-4341 to schedule your appointment. If you have a child, ages 5 to 11, and would like them to be vaccinated, contact Janica at ICMS or Amanda Philbrook at the school (863-4800). ICMS needs a minimum of 25 children before being allotted the Pfizer vaccines for this age group.

COVID-Friendly Activities

1. Reorganize areas of your home that have been needing it for years now. Drop decent, unwanted items at the swap shop for someone else to use.
2. Pick up an art, such as writing (poetry, journaling your experience during COVID), painting, drawing. Check the VH Library for books to help with your project.
3. Use technology to interact with your friends and family (Apps such as Zoom, FaceTime, Skype, etc.). You can also play games or "cook" together!
4. Get outside more and hike island trails, shovel a neighbor's driveway, or capture some great photos.
5. Start learning a new language, learn music, or learn a new hobby such as crocheting or robotics.
6. Get crackin' in the kitchen! Find some new recipes and try them out!

Known Cases 01-06-2022

Vinalhaven

Confirmed Positive— 17

Maine

New Cases – 1,307

State and county data, click [here](#).

ICMS UPDATE

Due to a positive COVID test among the ICMS clinical staff we will be executing our COVID safety protocol for **Thursday, January 6th and Friday, January 7th.**

During this period, ICMS will provide **urgent care and COVID-19 services (testing and treatment) only.**

During this period, **routine medical appointments will be cancelled.**

Those patients with appointments will be called with an offer to re-schedule.

The dental office was not impacted and will be open for business as usual.

Vinalhaven Eldercare Services Update

Due to the dramatic increase in positive COVID cases in the community, visitation at The Homestead is being suspended until further notice.

Questions?

- Contact 2-1-1 for general information about COVID-19 or visit Maine CDC's website.
- Contact ICMS, 863-4341 if you are looking to schedule an appointment for a vaccine.
- Contact the school, 863-4800, with questions about school COVID policies.
- Businesses with COVID-19 questions can call 2-1-1 or the Town Manager, 863-2042