



VINALHAVEN PUBLIC HEALTH TEAM

Jen Desmond
Public Health Officer

Andrew Dorr
Town Manager

Marc Candage
EMA Director

Cameron Garrett
Executive Director, ICMS

Pat Lundholm
Interim EMS Director

Monte Selby
School Principal

Pam Kittredge
Communication Volunteer

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 Friday, March 4, 2022, ICMS is reporting that there have been **12* confirmed cases** of COVID on Vinalhaven from the last 12-day period. This is an average of 1 positive test per day.

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

State of Maine Update

On Wednesday, Governor Mills provided an update following updated guidance from the US CDC. "As the pandemic has evolved, so too has our approach, and that includes today's actions. Some people, communities, schools, childcare centers, and businesses may choose to continue to require masking because it's best for their circumstances – and those decisions are understandable and should be respected."

Universal masking remains recommended by the Maine CDC in medical facilities, long-term care facilities and other congregate living facilities and for people completing their isolation and quarantine periods.

The Vinalhaven School Board will hold a meeting on Monday, March 7, at 6 PM to discuss the CDC recommendations for the remainder of the school year.

How do I know if I need to quarantine?

- You need to quarantine if you are a close contact of someone with COVID-19 if:
 - You are age 18 or older and completed your primary series of the COVID-19 vaccine but have not stayed up to date on your vaccine.
 - You are unvaccinated or have not completed your primary series of the COVID-19 vaccine.
- You can use this flow chart to help decide if you need to quarantine.
- The person with COVID-19 should reach out to you to let you know about your exposure. If the exposure happened at work, your employer may also reach out to you to notify you of your exposure.

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

Known Cases 03-04-2022

**Vinalhaven Confirmed Positive– 6
Maine Reported Cases – 998
State and county data, click [here](#).**
**Maine CDC cautions that the daily figures do not reflect actual daily counts because of the backlog of positive results.*

ICMS UPDATE

ICMS is still conducting COVID testing, and is able to conduct both rapid tests or PCR test. The PCR test is not instant and will likely take multiple days to learn of your results. Please refer to the [CDC flow chart](#) in this update to know when to quarantine.

Please call ahead if you have any questions, 863-4341.

From the School

Friday March 4th

Dear VH Families,
At the end of the school day on Friday we were informed of several more students who tested positive for COVID. We are now aware that at least one elementary, middle, and high school student was in attendance this week while potentially contagious. If a student is experiencing symptoms on Monday morning, they should stay home and contact the medical center. Please direct any school related questions to Amanda at 863-4800.