



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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UPDATED COVID-19 RESOURCE GUIDE

Today is not like yesterday; tomorrow will not be like today. The problems that we are facing with this Covid-19 pandemic are unique and dynamic and force us to adapt to new changes daily. During this time of uncertainty, information and recommendations are changing rapidly. We ask that you be compassionate towards each other and be adaptable.

Please visit the Town's website for the most up-to-date information including changes in the ferry schedule and changes in how businesses are operating. **townofvinalhaven.org** Call or email for help and more information.
1-207-863-2168
VHEOC@townofvinalhaven.org

Go to "Subscribe" at townofvinalhaven.org and subscribe to "Town Alerts" to receive Daily Updates in your email inbox. Updates are also available on our Facebook Home Page by 7pm daily.
facebook.com/townofvinalhaven

Up-to-Date Information about Covid-19 and Resources

Maine's 2-1-1 Resource List for Covid-19 help. **211maine.org**

Office of Governor Janet T. Mills **maine.gov/governor/mills/covid-19**

Maine Health and Human Services Hotline: Dial **2-1-1** or **1-866-811-5695**, Get answers about COVID-19 by calling or texting your zipcode to 898-211, or emailing **info@211maine.org**

Maine Center for Disease Control & Prevention **1-207-287-8016**
maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml

United States Centers for Disease Control and Prevention **1-800-CDC-INFO**
(1-800-232-4686) **cdc.gov/coronavirus/2019-ncov/index.html?s_cid=bb-coronavirus-2019-ncov-NCIRD**

Help with Finances for Those in Need

General Assistance is a program that every town in Maine has to help people in need by providing financial assistance for basic necessities, such as housing, utilities, and food. Contact **Andrew Dorr, Town Manager** **1-207-863-2042**
townmanager@townofvinalhaven.org

Vinalhaven Community Outreach helps islanders who have been directly, financially affected by COVID-19. Contact **vhcommunityoutreach@gmail.com**

Deliveries ICMS will pay for deliveries from any business downtown. Call Vinalhaven Taxi to arrange deliveries **1-207-720-0056**

Penquis Low Income Assistance Program **1-207-973-3630**

MaineHousing COVID-19 Rental Relief Program offers rental assistance for those affected by Covid-19 **mainehousing.org**

Maine Seacoast Mission provides financial resources, assistance with food access, medical and mental healthcare, and eldercare support. Contact Douglas Cornman **1-207-479-0707** **dcornman@seacoastmission.org**

Help Getting Food

The Brown Door at the Union Church offers free grocery staples. Contact **Holly 1-207-363-3423**

Community Lunchbox delivers prepared meals on Mondays. Contact **Candi 1-207-863-2001**

Meals on Wheels delivers prepared meals to those unable to leave their homes. Contact **Linda 1-207-863-9980** or **1-207-863-9343** or **Shelly 1-207-863-2058**

Open Bible Baptist Church Corona Virus Relief Fund (CVRF) purchases and delivers food for anyone in need. Contact **Cathy 1-207-286-2550** **Kate 1-207-409-2969** or **Maggie 1-207-863-2185**

**Friendly Reminder that Carvers Harbor Market is offering curbside pickup and delivery of groceries. Contact 1-207-863-4319 or orders@carversharbormarket.com*

Help Paying Utility Bills

Vinalhaven Fuel Fund helps pay for up to 100 gallons of fuel. Contact **Sue 1-207-863-4822**

Penquis HEAP Program 1-207-973-3630

FIEC recommends contacting the Shaws Fund for Marriner's children at **207-677-2070** or **cmacleod@shawfund.org** or the Low Income Assistance Program at Penquis **1-207-973-3630**

Maine Water has suspended shutoffs for nonpayment until further notice and will work with customers on payment arrangements. **1-800-287-1643**

Spectrum will not charge late fees or terminate service for 60 days for residential or small business customers who face difficult economic circumstances related to the COVID-19 pandemic. **1-833-267-6094**

Consolidated will waive late fees and make sure individuals and businesses keep their phone and internet connected even if they can't pay their bills due to disruptions caused by the coronavirus pandemic. **1-844-YOUR-CCI**

Help Managing Stress and Anxiety

Maine Statewide Crisis Hotline 24/7 for immediate crisis-oriented help. **1-888-568-1112**

Maine Warm Line 24/7 for connecting with someone if you need mental and emotional support. **1-866-771-9276**

ICMS offers behavioral health services. Contact Dan Keniston at ICMS at **1-207-863-9959, Option 3**

Anonymous Online Peer Recovery Programs
Narcotics Anonymous **namaine.org**
Alcoholics Anonymous **csoaamaine.org**
Nar-Anon **nar-anon.org** and Al-Anon **maineafg.org**

Help for Businesses, the Self-Employed and Nonprofits

The Town has compiled a list of resources to help businesses, the self-employed and non-profits. **Visit the Covid-19 page on the Town website.**

MANP (Maine Association of Nonprofits) has compiled this list of resources to help nonprofits. **nonprofitmaine.org/learn/resources/covid-19/**

How You Can Help

Stay Home. Governor Mills' mandate limits travel for anything but essential needs.

Practice Physical Distancing. If you are on a trip for essential needs or out for exercise, keep a minimum of 6 feet away from others at all times.

Wear a Mask or Cloth Face Covering in public.

Wash Your Hands and clean surfaces well and often.

Volunteer in a Safe Way by reaching out to community groups and individuals to see if they need help.

Donate to Groups and Organizations that are listed here, as well as any other groups and organizations working to support our community.

Pay-It-Forward by supporting businesses that have been required to close their doors to the public. Buy a gift card and pass it along to someone in need.

Focus on Facts Not Fear by getting reliable and credible information from the CDC and the Maine CDC. Maine Public Radio (90.5 FM WMEP) offers reliable Covid-19 information **mainepublic.org**

If you are a community group or organization offering services and would like to be included in this resource guide, please contact 1-207-863-2168 or VHEOC@townofvinalhaven.org This information was last revised on 4/20/20

You can email questions to VHEOC@townofvinalhaven.org. This community is a special place and together we will get through this!