



Town of Vinalhaven

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COVID-19 Daily Update 3/23/2020

What is the difference between practicing social distancing and being in quarantine?

All of us are practicing some form of social distancing, whether or not we want to, because our restaurants and schools are closed and social gatherings are cancelled. We are so sorry to have missed the play, but by responsibly postponing the performance, we can look forward to the day when the show can go on and we can all enjoy it!

Maine CDC Director Dr. Nirav Shah encourages all Mainers to behave as if coronavirus is in their county. He said even if a positive case has not been confirmed in your county, it's likely there. He said he even encourages people to go about their day as if they themselves have the virus. "How you live your life today can affect how the people in your community live their life tomorrow," Dr. Shah said.

If we are not sick – and have none of the signs and symptoms of COVID-19, which can include fever (over 99.0°F), cough, difficulty breathing and/or sore throat - we are asked to practice social distancing. This means minimizing contact with other people and limiting our outings to essential tasks, such as grocery shopping, picking up mail, and getting gas for our cars.

If we are sick, have had contact with someone who is sick, or have been traveling in a place with known outbreaks, we should self quarantine, and that is a whole lot harder than social distancing, tough as that is. It means staying home, with only family members who should also be in quarantine, and getting food and mail delivered to our home. Carvers is delivering at no charge. No visitors! If we welcome people who are not sick into our homes, we may pass this on to our friends, who will pass it to others.

COVID-19 DOS AND DON'TS

	SOCIAL DISTANCING	QUARANTINE
Who?	EVERYONE!	<ul style="list-style-type: none"> • Fever, cough, difficulty breathing, or sore throat • Exposure to someone who is sick • Return from travel in an area with an outbreak
What?	<ul style="list-style-type: none"> • Stay home as much as possible • Minimize contact with others • Hand wash • Go out only for essential tasks • Stay 6' away from others! 	<ul style="list-style-type: none"> • STAY HOME • Get essentials dropped off on your doorstep • Keep your family home • NO VISITORS! <p>Contact ICMS by phone if you develop symptoms or they get more severe.</p>
Where?	Stay on Vinalhaven if you are here Don't come if you aren't	Your Home!
When?	Now, until this is over	2 weeks with no symptoms
Why?	To "flatten the curve" of this disease spread, and minimize harm to our community members!	It can take up to 2 weeks for symptoms to develop. Some people who are carrying the virus may not show symptoms, but can still pass the virus along.

Please check the Town website or Facebook page daily – updates are posted by 7 PM daily. You can email questions to VHEOC@townofvinalhaven.org. This community is a special place and together we will get through this!