



## COVID-19 Vinalhaven Emergency Operations Center (EOC)

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# COVID-19 Daily Update 3-24-20

## Just In

ICMS reports that as they are triaging more patients and will be using telemedicine for chronic and some routine patients.

Tomorrow, 3/25/20, the Selectmen will be meeting at 5:00 PM. It will be streamed live on the Town of Vinalhaven Facebook page.

Governor Mills ordered further containment measures effective 3/25/20 at 12:01 AM. Here is a link to more information on her executive order: <https://www.maine.gov/governor/mills/news/governor-mills-orders-further-steps-protect-public-health-2020-03-24>

## How is Covid-19 different from the flu?

This question is asked frequently as the symptoms are similar and most people recover from this illness. **The chart on the next page** is extracted from an article on NPR<sup>1</sup>. Keep in mind that although there are many years of research on the flu, Covid-19 is brand new and information is new and updated frequently.

When we see that Covid-19 is more contagious, more deadly, and places a higher demand on our medical facilities, it's clear that it is not like the flu and why we need to take it seriously. **It is clear that some or most of us will get Covid-19 and minimizing the number of infected people is the best thing we can do for our community.** As Dr. Shah, Director of the Maine CDC said, *"How you live your life today can affect how the people in your community live their life tomorrow."*

What we don't hear too much about is what it's like to be sick with it, and it will obviously be different for the person who has mild symptoms and the person who is seriously ill.

- When the symptoms start, it will usually include a fever, and maybe fatigue, muscle aches and a dry cough. It will probably feel like coming down with the flu or a common cold. Even with "mild" Covid-19, the ill person may feel so awful that they don't get out of bed.
- By the fifth day, people that are going to have a rougher time with it may have difficulty breathing.
- By the seventh day, the 80% with a mild case will start to get better, but the other 20% might require oxygen or hospitalization.
- By day eight to day ten, the hospitalized patients may develop acute respiratory distress syndrome, and may need ICU care and ventilator treatment. Some will not come home.

<sup>1</sup> <https://www.npr.org/sections/goatsandsoda/2020/03/20/815408287/how-the-novel-coronavirus-and-the-flu-are-alike-and-different>

## Covid-19 vs. The Flu

	<b>Flu</b>	<b>Covid-19</b>
<b>Main Symptoms</b>	Fever, dry cough, fatigue, shortness of breath	Fever, dry cough, fatigue, shortness of breath
<b>Transmission</b>	<p>Close contact with droplets expelled from the nose and mouth of a sick person.</p> <p>Each sick person passes it to 1.3 people.</p> <p>Before symptoms show: 0% transmission</p>	<p>Close contact with droplets expelled from the nose and mouth of a sick person.</p> <p>Each sick person passes it to 2-2.5 people.</p> <p>Before symptoms show: 13% transmission</p>
<b>Degree of Mild vs. Severe</b>	1-2% of sick persons require hospitalization	20% of sick persons require hospitalization
<b>Length of Hospitalization</b>	Average stay 5-6 days	Average stay 11 days
<b>% Who will get sick</b>	8.3%	With no precautions, worst-case scenario predicted by Imperial College of London is 81%. We are taking precautions!
<b>Death Rate</b>	1 in 1000	10 in 1000 This is 10 times deadlier
<b>Treatment</b>	Rest and supportive care; Tamiflu can lessen symptoms	Rest and supportive care; no approved medications although some existing drugs are being investigated
<b>Vaccines</b>	Vaccines are developed annually to prevent the latest flu strains	It will take a year and a half to develop a vaccine against Covid-19
<b>Impact of Seasonal Weather</b>	Is present all year, but slows in summer months	This virus does not appear to be slowed by warm weather, as it has spread rapidly in many warm weather countries.