



COVID-19 Vinalhaven Emergency Operations Center (EOC)

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COVID-19 Daily Update 3-25-20

WALKING! There have been lots of questions about walking and in general being out of doors. Vinalhaven is blessed with open space, and, unlike New York City, it is easy to walk outside, on sidewalks, dirt roads, or forest trails, while still maintaining social distancing. So, **YES! Get outside**, work in your yard, take a hike, pick up some roadside trash, ride your bike – all these activities are good for physical and mental health.

However, *when outside, we still need to maintain social distancing*. That means there should not be playdates for kids from multiple families or walking with friends closer than 6 feet apart. Folks who are riding around with friends are not practicing social distancing.

Governor Mills moved the state to a higher level of alert yesterday. She ordered all businesses that do not provide essential services and that have a public face to the community to close their doors to the public. For more information visit <https://www.maine.gov/governor/mills/news/governor-mills-orders-further-steps-protect-public-health-2020-03-24>

Understanding what essential services are is important for businesses. There are services that are obvious, like the entire food chain from production to delivery, but it also includes less obvious business sectors like construction, auto repair, post offices and banks. Even though they are essential and can continue to operate, they still have to be able to provide safe distancing in the workplace.

As community members we are asked to stay home, and leave home only for essential needs. *What are our essential needs?* Food, medications, and mail are essential, and these can, for the most part, be delivered to our homes. *When you're thinking of heading to town or on the boat, try asking yourself if there is another way to do or get what you're after – is it a need, or just a want?*

There is a bright side to being at home – we have the time that we were so short of just a couple of weeks ago – time to learn something new, take on a project that we've been putting off, plant a garden, read a book, cook something special, play with the kids.

Let's continue to remember what Dr. Shah said: *“How you live your life today can affect how the people in your community live their life tomorrow.”*