

## **GUIDELINES FOR PUBLIC HEALTH & SAFETY ON MONHEGAN**

**as of 05/19/20 issued in response to the Novel COVID-19 Pandemic**

**by Monhegan Plantation's COVID-19 Task Force**

**Please practice physical distancing of at least 6 feet on Monhegan. Avoid gathering in groups of more than 10 people. Please refrain from handling other people's pets.**

**Be prepared to wear a cloth face covering in all public settings on Monhegan where physical distancing is difficult to maintain, in accordance with Maine Governor's Executive Order 49. Be aware of the exceptions to the cloth face covering requirement and give those meeting the exception the distance they need to keep others safe.**

**Arrange an open account in advance at L. Brackett & Son (phone: 207-594-2222, text: 207-592-6168) so you can place grocery orders by phone/text-message and schedule delivery or pick-up times. There is no in-store shopping.**

### **Self-Quarantine while on Monhegan**

- **If arriving on Monhegan from OUT OF STATE, it is mandatory to self-quarantine for 14 days** per Maine Governor's Executive Order 34. Self-Quarantine means that you need to separate yourself from others because you *may have been exposed* to the COVID-19 virus but are not currently symptomatic. This is a vital step to prevent community transmission of COVID-19 on Monhegan.
- Avoid public spaces.
- Please wear a face covering whenever physical distancing is difficult to maintain and when in a public space.
- Maintain at least 6 feet of distance when passing on roads, and trails.
- Refrain from interactions with those outside of your household.
- DO NOT go to the Post Office and the Store. Make arrangements for delivery options.
- Access other island services via phone/online communications during the 14 days.
- Regularly and vigorously wash your hands with soap for at least 20 seconds.
- Self-Quarantine does NOT prohibit outdoor exercise and/or dog walking as long as the above measures are followed.

### **Self-Monitoring for COVID-19 For Residents and Travellers to Monhegan:**

- While on island it is recommended that you have a working thermometer and monitor and record your health daily noting anything out of the ordinary including these **symptoms of COVID-19:** *cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.*
- Symptoms of COVID-19 may appear 2-14 days after exposure.
- Self-monitoring for symptoms provides info. essential for identifying illness early to help contain the spread, and so your healthcare provider can better assist you remotely. **If you need urgent care, this info. will help get you to a medical facility at the right time.**
- The majority of COVID-19 cases are non-life threatening and can be resolved at home.

## **What to do if you are experiencing SEVERE symptoms of COVID-19**

If you **are experiencing severe symptoms** such as *difficulty breathing, severe or persistent chest pains, new confusion, severe dizziness or difficulty rising, and/or bluish lips and face* **CALL 911**

## **What to do if you are experiencing MILD to MODERATE symptoms of COVID-19**

If you **are experiencing mild to moderate symptoms AND have a chronic medical condition** such as heart disease, lung disease, or diabetes contact your primary care provider without delay. If you cannot reach a primary care provider, contact your preferred local urgent care facility for help or request the assistance of the Monhegan EMA Director at (207) 691-7390.

If you **are experiencing mild to moderate symptoms, it is recommended that you:**

**Contact** a primary care provider. For help, contact the Monhegan EMA Director or dial 211.

**Notify** anyone you live with or have been in recent close contact with.

**Stay home.** Most people with COVID-19 have mild illness and recover at home without medical care beyond speaking with a healthcare provider by phone or video-conference. Do not leave your home. Do not visit public areas except to get essential medical care.

**Stay away from others.** Practice self-isolation at home to separate yourself from other people in your home. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available. Check the US CDC and Maine CDC websites for additional guidance.

**Pre-arrange transportation** with boat operators or via the EMA Director if you need to get to a medical facility so plans can be made that minimize transmission risk for all involved.

## **Contacts for Questions & Concerns**

**Monhegan EMA Director:** Jes Stevens, (207) 691-7390

**Local Health Officer:** position is currently vacant. Contact Jes Stevens or First Assessor Mott Feibusch (firstassessor@monheganplantation.com) in the interim.