

# Town of Bar Harbor: Covid Update

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**Mask. Distance. Wash Hands. Repeat.**

January 21, 2021 / 4 PM / Town Manager's Office

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## Town Manager Topic of the Week:

**Q. Do you know when we will all get our vaccinations?**

**A. The Maine CDC has a detailed explanation of who will get vaccines and when and they are listed below. You can also [click here](#) to see a more detailed explanation.**

**So far more the 17,000 Maine residents have received both doses of the vaccine.**

## Phase 1a: December through January

- **Health Care Personnel Needed to Preserve Critical Health Care Services: This group includes Paid and unpaid personnel, including both clinicians and support staff, who physically work in hospitals, acute care settings, Emergency Medical Services, or home health on a regular basis and have direct contact with patients, or have the potential for direct or indirect exposure to patients or infectious materials. This includes outpatient clinicians and their staff who provide care to patients at risk of hospitalization such as providers in urgent care centers, medical practices providing acute care, dialysis centers, and oncology practices. This does not include administrative personnel.**
- **Residents and Staff Of Long-Term Care Facilities**
- **Other Patient-Facing Health Care Personnel: This group includes paid and unpaid personnel, including both clinicians and support staff, who physically work in other health care settings on a regular basis and have direct contact with patients, or have the potential for direct or indirect exposure to patients or infectious materials. Examples include personnel who work with aerosols, such as in dental fields; health care providers with prolonged contact with patients; practitioners in behavioral health, optometry, school nurses, and environmental services workers at health care practices. This does not include administrative personnel.**
- **Public Safety Personnel: This group includes public-facing personnel at fire departments, federal, state, and local law enforcement, and officers at correctional facilities. This group does not include administrative personnel.**

- **Critical COVID-19 Response Personnel:** These individuals include people who manufacture, distribute, process, or report COVID-19 tests, whose work, if disrupted, would severely hamper the ability of Maine or the United States to respond to the COVID-19 pandemic. More specifically, this includes people who work in-person directly on COVID-19 response at Maine CDC, which spearheads the State's COVID-19 response, and private companies such as IDEXX, which supports Maine's COVID-19 testing capabilities; Abbott Laboratories, which manufactures COVID-19 tests for use in Maine and across the nation; Puritan Medical Products, which manufactures swabs for COVID-19 tests; and Jackson Laboratories, which is conducting whole genome sequencing to detect COVID-19 variants for Maine.

## Phase 1b: February through April

- **People Aged 65 and Older:** Given the limited number of vaccines, people aged 70 and older will be vaccinated first in Phase 1b. Maine will then move to residents aged 65 to 69.
- **Adults With High-Risk Medical Conditions:** Individuals whose pre-existing health conditions put them at greater risk of hospitalization or death from COVID-19. The U.S. CDC has [identified such conditions](#); which Maine health care experts and clinicians will review. Depending on the size of this group, individuals may be vaccinated in stages, for example, starting with older high-risk people or people with two or more pre-existing conditions.
- **Front Line Essential Workers (to be determined):** The U.S. CDC advisory committee has recommended that the following essential workers be considered front line: food and agricultural workers, Postal Service workers, manufacturing workers, grocery store workers, public transit workers, those who work in the education sector (teachers, and support staff), and daycare workers. The State of Maine will review this list and make determinations as this phase approaches.

## Phase 1c: May and June

- **Other Essential Workers (to be determined):** The U.S. CDC advisory committee has recommended that the following essential workers be considered in Phase 1c: transportation and logistics, food service, shelter and housing (construction), finance, information technology and communication, energy, media, legal, public safety (engineers), water and wastewater. The State of Maine will review this list and make determinations as this phase approaches.

## Phase 2: June and Beyond

- Persons aged 16-64, who were not already eligible in a prior phase.

## Covid Transmission Update

- MDI Hospital confirmed 65 positive tests to date, with the most recent positive on 1/21/21
  - 55 Hancock County Residents
  - 7 Other (non-residents)
- As of today 1/21/21, Maine CDC has confirmed 708 positive cases to date.
  - 1/14/21 - 659 positive cases in Hancock County
  - 1/7/21 - 608 positive cases
  - 12/31 - 550 positive cases
  - 12/24 - 497 positive cases
  - 12/17 - 455 positive cases
  - 12/10 - 344 positive cases
  - 12/3 - 298 positive cases
  - 11/26 - 235 positive cases
- The current case rate for Hancock County is 129.2 per 10k people
- The current case rate for the State of Maine is 266.3 per 10k people

### [Maine Center for Disease Control](#)

While Maine has had an increase in Covid cases, the rates in Maine are still among the lowest in the whole country.

As states throughout the U.S. lift stay-at-home orders, reopen businesses, and relax social distancing measures, this graph shows whether cases of COVID-19 are increasing, decreasing, or remaining constant within each state. ([Click to see graph](#))

For additional perspective, John Hopkins University has a great map that indicates rates and prevalence of Covid 19 in the US and the World. ([Click to see the map](#))

## MDI Hospital

**MDI Hospital** Coronavirus Call Center : If you are having symptoms or think you may have been exposed to COVID-19, call your primary care provider. If you do not have one, reach out to our Coronavirus Call Center at 207-801-5900. Calling ahead helps our dedicated health care professionals provide the best possible care and protects those in our community who are most vulnerable. Remember: **PLEASE CALL AHEAD**

**COVID-19 Vaccination FAQ : Updated: 1/19/21**

## 1. Is there currently an effective and safe vaccine for COVID-19?

Yes. There are currently two types of vaccinations that have been vetted through the U.S. F.D.A. and authorized for emergency use. The two vaccines were developed by Pfizer and Moderna. Both are Messenger Ribonucleic Acid vaccines that instruct your body to produce tiny amounts of incomplete viral protein and then react, creating immunity. MDI Hospital has been receiving supplies of Moderna since December 22. Both are highly effective.

## 2. Does the vaccination stop the Coronavirus?

Yes, both vaccines are over 90% effective in preventing disease and over 95% effective at preventing severe disease. There is also evidence that it prevents you from infecting others, but more study is needed to put a firm number on that.

## 3. What are the vaccine phases and when will community members receive vaccinations?

Because vaccine supply is currently limited, the Federal Government has sent advice to states suggesting priority order of vaccination and the States then set their priorities for providers to follow. On January 13, the State of Maine updated its vaccine distribution strategy, which prioritizes older residents, those with underlying conditions, emergency service personnel, healthcare workers, and others critical to Maine's COVID-19 response. The Pfizer vaccine is currently authorized for individuals 16 years and older; the Moderna vaccine is currently authorized for individuals 18 years and older. Current information on the State of Maine's vaccine phases can be found on the State's COVID-19 vaccine webpage: <https://www.maine.gov/covid19/vaccines/phases>.

## 4. Who will notify me when it is my turn to get vaccinated?

Community members will be notified in a variety of ways when vaccine is available—including public announcements, website postings, and information at providers' offices and clinics. MDI Hospital is now offering preregistration to those in our region who qualify to receive the COVID-19 vaccination in the State of Maine. Preregistration is available on MDI Hospital's COVID-19 vaccine webpage: <https://www.mdihospital.org/covid-19-vaccine>. For assistance completing the form, call our Coronavirus Call Center at 207-801-5900. Due to the limited supply of vaccine, a timeline for available doses cannot be provided. Those who complete the form will be contacted when a dose becomes available for them.

## 5. Does the vaccination have the Coronavirus in it?

No. There is no coronavirus or any other virus in either the Pfizer or Moderna product. You cannot catch or transmit any infection from this vaccine.

## 6. Will I need to get more than one shot?

Both the Pfizer and Moderna vaccines require two doses for full, long-lasting protection. Pfizer doses are three weeks apart; Moderna doses are four weeks apart.

## 7. How long will the vaccination be good for me?

The duration of protection is not known, but likely will be many years. Most vaccine researchers think periodic boosters will eventually be needed, but they may not.

## 8. Will there be enough for everyone in our community?

Yes, eventually, though that may not be until late in 2021. Speed of manufacture and distribution, along with when other candidate vaccines become available and authorized, will determine the time frame.

## 9. Will I experience vaccination side effects?

Many people will experience discomfort including pain at the injection site, and occasionally, malaise, achiness, and fever, especially after the second shot. This is more common in those under 55 and is due to your normal immune response. In the trials, there were no serious adverse events with the Pfizer and Moderna vaccines. During the millions of doses given in the last month, we have seen severe allergic reactions in about 11 recipients out of each million doses, usually in persons with a history of prior severe, potentially life-threatening allergic reaction. Persons with a history of severe allergy are asked to stay and be observed for 30 minutes after their shot.

There are several new strains that have changes in the spike protein enabling the virus to better stick to and enter your cells. This makes the virus more contagious. It does not make the virus more (or less) destructive once you are sick with it; but it makes you more likely to spread it. Our current vaccines appear to provide good coverage against these variants.

- Continue to wear a mask whenever in a building with persons other than your household. The mask stops most of the larger droplets that can carry millions of viruses in a bundle into your nose and lungs.
- Wear a mask outside if you are within 6 feet of another person.
- Avoid unnecessary exposures to breathing air other people have breathed.
- Maintain a distance of at least 6 feet from those outside your household whenever possible.
- Wash or sanitize your hands after touching commonly touched surfaces.
- Avoid entering places where others are not wearing masks.

## 10. I've heard there is a new strain of COVID-19. What should I know about it, and will the vaccine cover it?

There are several new strains that have changes in the spike protein enabling the virus to better stick to and enter your cells. This makes the virus more contagious. It does not make the virus more (or less) destructive once you are sick with it; but it makes you more likely to spread it. Our current vaccines appear to provide good coverage against these variants.

### 11. What can my family and I do to keep safe between now and when it's our turn to get the vaccine?

Continue to wear a mask whenever in a building with persons other than your household. The mask stops most of the larger droplets that can carry millions of viruses in a bundle into your nose and lungs.

- Wear a mask outside if you are within 6 feet of another person.
- Avoid unnecessary exposures to breathing air other people have breathed.
- Maintain a distance of at least 6 feet from those outside your household whenever possible.
- Wash or sanitize your hands after touching commonly touched surfaces.
- Avoid entering places where others are not wearing masks.

### 12. If I have received the vaccine, do I still need to wear a mask/take other precautions?

Yes, currently scientific guidance is that we should continue to take precautions until either all in the community have been offered the vaccine or we are certain that the vaccine prevents individuals from being able to spread the virus. Also, the vaccine isn't fully effective until about a week after the second shot. For the foreseeable future, continue to follow COVID-19 safety measures, as outlined above. Your safety and the safety of those around you depend on it.

### 13. I keep hearing that COVID doesn't affect young people. Is this true?

COVID-19 has caused more Line-of Duty deaths for police than shootings, vehicle accidents, and all other causes combined in the past year. Coronavirus is the leading cause of occupational death for Firefighters and EMS. Also, a recent study of 1733 patients hospitalized early in the outbreak showed three fourths still with significant symptoms, including 63% with muscle weakness or fatigue. COVID-19 can seriously affect people of all ages, including those without underlying conditions. Please be safe, take precautions, and get the vaccine when it is your turn.

## Public Safety & Municipal News

- The next Town Council meeting will be held on 2/2 at 5pm and can be viewed on Spectrum Cable channels 7 and 1303 and also live streamed on [Townhallstreams.com](https://www.townhallstreams.com)
- Council Budget Workshops are [21st](#), [26th](#), [28th](#) at 5pm on Zoom.

- Bar Harbor Fire Department received the second round of vaccine doses for MDI EMS. These will be administered beginning on Wednesday.
- Glen Mary Wading Pool is open to skaters. Lighting, which will be on a timer, is in process of being restored to the building itself.

## School Information: Conners Emerson & MDI High School

- School Emails and Websites
  - <http://www.mdirss.org/>
- MDIHS [Chalk Talk](#)
- [Latest email update from Principal Haney and MDI High School](#)
- [CES TIGER TALK 1/19](#)
- [Latest email update from Conners Emerson School](#)
- [Latest email update from Superintendent Marc Gousse](#)

## Government News & Mandates

### [Governor Mills: Latest Updates](#) :

- [Governor Mills Congratulates President Biden and Vice President Harris](#)
- [Governor Mills Continues State of Civil Emergency as Maine Fights COVID-19](#)
- [Governor Mills Honors Martin Luther King Jr.](#)
- [Out of Abundance of Caution, Governor Mills Activates Maine National Guard; Places Them on Standby to Support Law Enforcement If Needed](#)
- [Governor Mills Updates Maine's Vaccine Strategy to Focus on Protecting Those Most Vulnerable to COVID-19](#)

### Other Government Resources:

- [CDC Guidelines](#)
- [Maine CDC](#)
- [Maine DECD Website](#)

## Bar Harbor Chamber of Commerce

If you have ideas that would help Bar Harbor businesses during this time, please email concepts to Chamber Director Alf Anderson: [alf@barharborinfo.com](mailto:alf@barharborinfo.com)

<https://www.visitbarharbor.com/member-center-coronavirus-resources>

## Community Resources

- [Healthy Acadia Newsletter](#) : 1/17 Recovery Core Team

## Acadia National Park

- [See latest alert from ANP](#): Current Conditions

For more information or to add to this resource page, please email: [nina@barharbormaine.gov](mailto:nina@barharbormaine.gov)