



DOWNEAST COVID-19 TASK FORCE

Mount Desert Island Region

Protect Yourself and Your Communities During the Holidays

December, 2021. COVID-19 cases are surging across our communities and state, hospitalizations and deaths are rising, and our healthcare facilities are overwhelmed, including in our region.

Here are key ways that **you as a community member** can help reduce the spread of COVID-19, to keep yourselves, your loved ones, and your communities safe.

1. **Be up to date on your vaccines.**
 - a. Make sure you've had your first full round: 2 shots for Moderna or Pfizer and 1 shot for Johnson & Johnson (J&J). If you get your first shot today, you'll have some protection after about a week. The CDC recommends Moderna or Pfizer over J&J.
 - b. Make sure you are boosted when it is time (6 months after your last Moderna or Pfizer shot, or 2 months after your J&J shot). Protection from being boosted starts after about a week. Boosters are now recommended for all people, aged 16 and over. Moderna or Pfizer are recommended for all, including those who received J&J for their first round.
2. **Mask in indoor public spaces to protect yourself and those around you.** Make sure that your mask has a good fit around the nose, chin, and cheeks. Medical-grade masks provide additional protection. Mask braces can also add better fit.
3. **Check in with the places you shop.** If masks are not required, you can ask for curbside pickup, ask for certain times with masks required, and/or ask them to require masking at all times.
4. **Choose thoughtfully when you gather.** Being in crowded places increases your risk of catching COVID-19 and giving it to others
5. **Take a COVID-19 test if you are gathering outside your household.** This gives you valuable information to reduce the spread of COVID-19. Healthy Acadia has a limited supply of tests available at no cost to those who need them: [click on this form](#) to receive one, or call the Healthy Acadia vaccine help line at 207-271-6023 to pick up a test at one of our locations.
6. **If you are sick or have symptoms, don't host or attend a gathering.** Stay home, get well, and keep others healthy.
7. **Wash your hands often.** Avoid touching your eyes, nose, and mouth with unwashed hands.
8. [Learn more at the CDC.](#)

Here are key ways that **you as a business** can help reduce the spread of COVID-19, to keep yourselves, your employees, your customers, and your communities safe.

1. **Encourage or require employees to be vaccinated.**
2. **Require universal masking at all times, including employees and customers.**
3. **Require universal masking at certain posted times,** if masking at all times is not feasible.
4. **Offer curbside pickup.**
5. **Ensure indoor spaces do not get crowded.** allow for physical distancing among customers as well as employees.
6. **Offer hand sanitizer** in easily accessible places.
7. **Ensure employees stay home if unwell.**
8. **Maximize ventilation with outside or HEPA filtered air.**