

Frequently Asked Questions about Covid-19 on Chebeague as of 5/18/21

Chebeague Covid-19 Testing Team (CCTT)

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1. What is the general update about Covid-19 on Chebeague as of May 2021?

There has not been any known outbreak on Chebeague despite isolated cases, despite spikes in cases on the mainland. Testing on-island has helped us track, trace and isolate cases. Nearly 400 Covid-19 tests have been performed since July 5, 2020. The voluntary Covid-19 registry helped gather information regarding vaccinations, leading to an estimate that about 80% of island residents have been vaccinated either on Chebeague or on the mainland. We believe we have achieved "herd immunity" which greatly helps protect those who are unable to get a vaccine. Due to this milestone, and the fact that testing is much easier to access on the mainland, as of May 27th, the Chebeague testing team will no longer be on-call for testing on Chebeague. However, if you have any questions about Covid-19 testing, call the team leader, Jenny Hackel, NP at 734-660-3461, or go to Maine CDC to the testing site locator at: <https://get-tested-covid19.org/search?zip=04017>

2. Where can I get a Covid test?

Use this Maine CDC link to get details about places where you can easily get to a nearby Covid-19 test on the mainland: <https://www.maine.gov/covid19/keepmainehealthy/testing>. There are more than 50 sites in Cumberland County, included state-sponsored sites like Walgreen's, CVS and Convenient/MD Urgent Care sites.

3. Where can I get a vaccine?

If your PCP cannot help, use this Maine CDC link: <https://www.maine.gov/covid19/vaccines>. As of today, there are more than 45 locations in Cumberland County where you can get vaccinated.

4. What age does a person need to be to get a vaccine?

The Pfizer vaccine is now approved for age 12 years and older; approval for under 12 years old is pending. All other approved vaccines (Moderna and J&J/Janssen) are approved for 18 years and older.

5. Can a person who has been vaccinated get Covid-19?

Yes. While the research shows that all of the vaccines currently available prevent serious illness 95% of the time, there is a 5% chance to have a positive Covid test after you are fully vaccinated, however these "breakthrough cases" report minimal symptoms. That is why there are still indoor and some outdoor mask mandates in many places, including the CTC boat and bus. We are all working together so there is minimal chance of any spread from asymptomatic cases to others. The CDC has lifted mask mandates for fully vaccinated people (fully means, final vaccine plus 14 days) due to data and studies proving that vaccinated persons are unlikely to catch or spread Covid outdoors and many indoor settings.

6. What are the latest recommendations about masking and social distancing?

There is evolving information about this, so check for updates on the CDC website found at this link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>. A good rule of thumb, if you cannot maintain social distancing and are unsure if everyone around you is fully vaccinated, mask up inside or outside.

7. If most people have been vaccinated, but I have not, why should I get the vaccine?

Covid-19 is still circulating, and highly contagious variants are growing, causing serious and prolonged illness and death in many people. The best way to stop the pandemic is for every possible person to get vaccinated. If Chebeague has 1,000 visitors in the summer who have not been vaccinated, our "herd immunity" is lost, meaning those residents who could not get a vaccine could be exposed and are at risk for serious illness and death. Thus, we recommend all visitors be vaccinated before coming to the island, and practice safety measures while here.