

Guiding Principles for a Safe North Haven Summer 2020

The following principles will help everyone who is on the island enjoy a safe and happy summer. Please follow them. Together, we will get through this.

1. Comply with U.S. CDC guidance concerning frequent hand washing, physical distancing, personal hygiene, sanitization of common surfaces, etc. — all aimed at reducing the spread of the virus.
2. Comply with Governor Mills’ emergency executive orders, including those regarding travel and self-quarantine, essential business operations, essential activities, and the requirement to “wear cloth face coverings in public settings where other physical distancing measures are difficult to maintain.”
3. Self-quarantine should be done as follows:
 - Arrive on the island prepared to remain in your house or isolated from other people for 14 days - please bring cloth face coverings;
 - Make arrangements for groceries and supplies with North Haven Grocery or bring food and supplies with you;
 - Bring whatever medicines you need and discuss any particular medical concerns you have with the North Haven Medical Clinic staff before traveling;
 - Ensure your vehicle has fuel before coming to the island or arrange for someone to put fuel in it from a can;
 - Stay in your home, your vehicle, or your boat without coming into contact with anyone outside your traveling companions (work out a safe way to refuel a boat with Brown’s, a caretaker, or a friend);
 - Limit outdoor activities to walking, bike-riding, boating, and other activities that can be done without possibly transmitting the virus to others (since cloth face coverings reduce but do not eliminate the risk of transmission, do not walk or ride bikes on crowded streets, go into buildings, or interact with people outside your traveling companions while in self-quarantine); and
 - Ask for help if you need it — people will bring you supplies, help you with boating needs, etc.
4. Self-quarantine requirements apply to people who come from out-of-state, whether your permanent residence is on North Haven or elsewhere. There is no need to quarantine if you have been in Maine for more than 14 days or when traveling back and forth from the island to places within Maine - BUT, please be careful because the virus is in Maine and could easily travel with you back to the island.
5. Strive to obtain groceries and supplies from the North Haven Grocery or delivery services such as “Hannaford’s to Go.”
6. Understand that the full range of usual services may not be available on North Haven this summer: North Haven Grocery, Calderwood, Nebo, Waterman’s, Penobscot Air, and

other businesses all plan to operate in some form. Please support them to the greatest degree possible.

7. Property owners should expect any guests, tenants, or other visitors to follow these guidelines, and take steps to ensure their compliance.
8. Once you have quarantined (if necessary), please volunteer to assist with helping those who are self-quarantining, complying with CDC guidelines, returning to the mainland for medical care, or experiencing other COVID-19 related issues.

These guidelines should supplement and enhance – not replace – the strong spirit of cooperation, goodwill, and mutual respect that makes North Haven a special place. By working together, we can make this a safe and prosperous summer for all.

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Please note: These guidelines may change as the situation changes. Please consult the North Haven Town Website, www.northhavenmaine.org, for updates.