COVID-19 Recommendations

With the number of positive cases climbing, the Island Health Agents would like to remind people of the steps they can take to protect themselves against COVID-19.

Vaccination is the best way to protect yourself against severe illness. In addition to the hospital, Health Imperatives (Family Planning) has vaccine appointments available. Appointments at MV Hospital can be scheduled through their website at mvhospital.org. Appointments at Health Imperatives can be scheduled by calling 508-693-1208.

Masking remains an important consideration for those heading into crowded venues or situations, or circulating with those outside of their immediate family, particularly if they may have contact with individuals who are vulnerable or at risk of extreme illness. We recommend that people continue choosing indoor social events wisely to prevent potential exposure.

Adequate ventilation helps reduce the exposure to the virus. With warmer weather returning, windows should be left open whenever possible, particularly when working or socializing outside of one’s immediate family or close living circle.

Each board of health office has rapid home tests and high-quality masks available.

If you are symptomatic, especially if you know you were exposed to someone else with COVID, you should isolate yourself from others and get tested.

Please keep in mind that while rapid tests offer a huge advantage in combatting the virus, they have limitations. For example, someone who tests negative should still take precautions such as mask wearing when with a person who is extremely vulnerable. Other considerations include:

- Test if symptoms develop such as sniffles, sore throat, headache, achiness, and fatigue.
- Test 2-3 days after exposure to a person with COVID.
- When you have symptoms and an OTC test is positive, there isn’t a need to confirm the result with a lab-based test.
- A rapid test will only post a positive result if viral loads are high. If an at-home test is negative, it doesn’t necessarily mean you’re in the clear. If your symptoms persist or get worse, it’s a good idea to take another at-home test after a day or two. If the repeat at-home test is also negative, you should strongly consider getting a lab-based PCR test.