

## WELCOME BACK TO ST. GEORGE! PLEASE READ

If you've been wintering somewhere the pandemic has been especially virulent, arriving in St. George is probably a tremendous relief. So far, the peninsula has been spared the worst of the illness, though not the economic fall-out. We're looking forward to seeing you (at an appropriate physical distance, of course!). But before we do, **you'll need to follow Governor Mill's Executive Order requiring anyone coming into Maine from out of state to self-quarantine for two weeks unless they've tested negative for COVID-19 within the previous 72 hours.**

### **What self-quarantine entails:**

- Stay home. Don't leave your property unless it's absolutely essential.
- Restrict access only to household members (no cleaners, repair persons, etc.).
- Do *not* go into the post offices or the general stores.
- If you need essential supplies, arrange for delivery. If that's impossible, do curbside pick-up.
- Wear a mask when not on your own property & maintain physical distancing.

**If you develop symptoms of COVID-19** (fever, dry cough, shortness of breath), call your physician, who may advise you to get tested. Pen Bay Hospital (Rockport) and Miles Hospital (Damariscotta) are testing sites.

### **Some info to make self-quarantine easier:**

#### **Deliveries**

Schooner Bay Taxi (594-5000), Joe's Taxi (975-3560), and Craft Delivery Service in Camden (542-0360) deliver for quite a few businesses. Neighbor to Neighbor (691-7069) will pick up groceries and medications free of charge for folks who are quarantining due to COVID-19.

#### **Many businesses are offering curbside pickup, drive-through, and/or delivery**

##### ***Groceries:***

- Hedgerow, TH General Store, PC General Store
- Fresh Off the Farm, Graffam Bros Seafood Market (Rockport)
- Hannaford To Go, the Good Tern, Rockland Food Service (Rockland)

##### ***Prescriptions:***

- Walgreens and Jensen's (both in Rockland)

##### ***Prepared food:***

- The Black Harpoon (Port Clyde)
- Ancho Honey, The Sugar Tree, Green Bean Catering, Hedgerow (Tenants Harbor)
- 40 Paper, Hoxbill, Long Grain, Camden House of Pizza (Camden)
- Nina June, Spice Pizzeria, Tomi Sushi & Noodle (Rockport)
- In Good Company, Primo, Ada's Kitchen, Suzuki's, Atlantic Baking Co. (Rockland)

##### ***Beer or wine or spirits:***

- Rayr (Rockport)
- Wine Seller (Rockland)

The St. George Comm. Dev. Corp. is maintaining a **list of local, regional, and state resources:**  
<https://www.stgeorgecommunity.org/covid-19-resource-page-for-st-george/>