



Peaks Island Council Updates and Bulletins

Maine CDC Regarding Out of State Travelers to Maine

Last Thursday, the Peaks Island Council Update included links to information resources provided by the Maine CDC website (see [HERE](#)). The ME CDC staff person with whom PIC spoke explained that the site, especially the lengthy list of FAQs, is where the State of Maine officially explains the details of the various Orders and Proclamations issued by Governor Mills and guidance provided by the Director of Maine CDC to the public.

Regarding out-of-state travelers coming into the state - as of May 11, the FAQs contain the following on page 6:

- *It is mandated that all out-of-state travelers coming into Maine, as well as Maine residents returning to Maine, complete a 14-day quarantine upon arrival.*
- *This means:*
 - *You need to arrive with enough food for 14 days or arrange to have food delivered to you. You cannot go out to grocery stores.*
 - *Stay at home. You cannot go out to public places.*
 - *Avoid contact with others, especially those who are at high risk of severe COVID-19 illness.*
 - *Keep a distance of at least 6 feet from other people.*
 - *If you are sick, wear a mask that covers your nose and mouth.*
- *Visitors should not travel to Maine if they are displaying symptoms of COVID-19.*
 - *Travelers should not travel to Maine if they are coming from cities or regions identified as COVID-19 hot spots.*
 - *Individuals who are entering the state to provide essential services are exempt.*

The complete list of ME CDC FAQs can be found [HERE](#). The information is updated on a regular basis, so be sure to check back from time to time.
