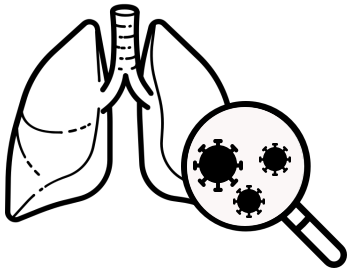


Coronavirus Disease 2019 (COVID-19)



Fact Sheet



2019 Novel Coronavirus (COVID-19) is a respiratory illness. It is caused by a coronavirus. COVID-19 is common in the United States, including Maine.

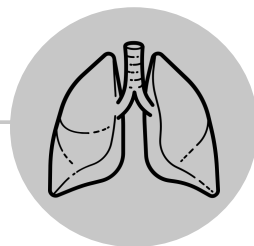
Common Signs and Symptoms



Fever or Chills



Cough



Shortness of Breath
and Trouble Breathing



Headache

Other symptoms can include fatigue, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, confusion or change in mental status, chest pain or pressure, inability to wake or stay awake, and pale, grey, or blue-colored skin, lips, or nail beds. Symptoms may begin 2 to 14 days after exposure to the virus. Reported illnesses range from mild to severe.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seems to be at higher risk for developing more serious complication from COVID-19. Severe disease can cause pneumonia, kidney failure, and death.



Call your healthcare provider if you have symptoms. Tell them if you had any contact with any known COVID-19 cases.

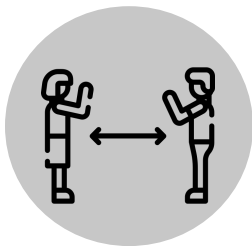
For information on where to get tested, please visit www.maine.gov/covid19/testing.

Spread of COVID-19



- Can spread easily from person-to-person
- Most commonly spreads during close contact (within 6 feet)
- Can sometimes spread by exposure to the virus in small droplets that can stay in the air
- Spreads less commonly through contact with contaminated surfaces
- Rarely spreads between people and animals

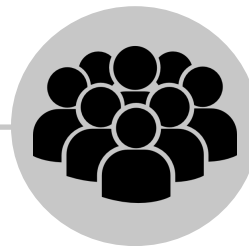
Prevention of COVID-19



Physically distance yourself (at least 6 feet) from non-household members



Wear a face covering that covers your nose and mouth



Avoid large gatherings and crowded public places



Wash your hands with soap and water for at least 20 seconds

Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available. You should also cover coughs and sneezes with a tissue or the inside of your elbow.



Get the COVID-19 vaccine and stay up-to-date on recommended boosters. Visit www.maine.gov/covid19/vaccines/vaccination-sites to learn about eligibility and find a COVID-19 vaccine near you.

Treatment is available for people with certain medical conditions who are at high risk for severe illness. Contact a healthcare provider to find out if you are eligible. Visit www.maine.gov/covid19/treatment for more information.

For More Information, Visit:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

You can also call Maine CDC at 1-800-821-5821.