# Novel Coronavirus 2019 (COVID-19)

*Maine CDC will continue to regularly update this page. For additional resources and up-to-date information, please visit the U.S. CDC's COVID-19 website.*

The Maine CDC is preparing for the potential spread in Maine of the respiratory illness called COVID-19, caused by a novel (new) coronavirus. We urge Maine people to practice good hand hygiene, cover coughs and sneezes, and stay home if you are sick.

## Situation in Maine

*Updated March 6, 2020*
Maine has no confirmed cases of COVID-19.

## News releases from Maine CDC

- Maine to Begin Testing for COVID-19 at State Lab
- Maine continues to prepare for coronavirus
- Maine Individual Tests Negative for 2019 Novel Coronavirus
- First Individual in Maine To Be Tested for 2019 Novel Coronavirus

| Travel Advisories | |
|---|---|
| **Updated: March 6, 2020** | |
| **China** | **Level 3**: avoid all nonessential travel |
| **South Korea** | **Level 3:** avoid all nonessential travel |
| **Italy** | **Level 3:** avoid all nonessential travel |
| **Iran** | **Level 3:** avoid all nonessential travel |
| **Japan** | **Level 2:** older adults or those who have chronic medical conditions consider postponing travel |
| U.S. CDC: Coronavirus Disease 2019 Information for Travel<br>U.S. State Department: Travel Advisories | |

**Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 countries) and practice social distancing.** *If you recently traveled to a country with a COVID-19 outbreak and feel sick with fever, cough, or difficulty breathing within 14 days after you left, visit the U.S. CDC's travel information page for guidance.*

**Healthcare Providers**: U.S. CDC updated the definition of persons under investigation (PUI) on 3/4/2020. See further resources below.

## Frequently Asked Questions

Full List of Frequently Asked Questions

### What is COVID-19?

COVID-19 is a novel (new) coronavirus which was first detected in December 2019 in Wuhan City, Hubei Province, China and has now been detected in other countries, including the United States.

For some, the respiratory virus causes mild symptoms like the common cold or influenza (flu), for others it can cause severe pneumonia that requires medical care or hospitalization.

The virus is named "SARS-CoV-2" and the disease it causes is named "coronavirus disease 2019" (abbreviated "COVID-19").

### What are the Symptoms?

Symptoms of COVID-19 may include:

- Fever
- Cough
- Difficulty breathing
- Sore throat (in some patients)

*Symptoms may appear **2-14 days after exposure.***

Most patients experience mild symptoms and can recuperate at home, but others, particularly those with underlying medical conditions, may experience more severe respiratory illness.

### How does it spread?

The virus appears to spread in similar ways to influenza (flu) and the common cold. This may include spreading through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

The virus can spread from person-to-person and in some locations there is apparent community spread, meaning some people are infected and are not sure how or where they became infected.

### How can I help to prevent the spread?

There are simple steps you can take to reduce the possible spread of COVID-19 and other illnesses such as influenza and the common cold:

1. Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer
2. Avoid close contact with people who are sick
3. Avoid touching your eyes, nose, and mouth with unwashed hands
4. Stay home while you're sick and avoid close contact with others

Currently there is no vaccine available to prevent the spread of COVID-19.

### What should I do if I have symptoms?

Call ahead to a health care professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing. Tell your health care professional about **any** recent travel or contact **with other COVID-19 cases**. Your healthcare professional will work with Maine CDC to determine if you need to be tested for COVID-19. More information is available on the U.S. CDC's What You Should Know page.

### What is the situation in the U.S.?

For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low.

- People in communities where ongoing community spread with the virus that causes COVID-19 has been reported are at elevated though still relatively low risk of exposure.
- Health care workers caring for patients with COVID-19 are at elevated risk of exposure.
- Close contacts of persons with COVID-19 also are at elevated risk of exposure.
- Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure.

U.S. CDC has developed guidance to help in the risk assessment and management of people with potential exposures to COVID-19 and provided an updated Check And Report Everyday booklet for China travelers.

## Interim Healthcare Professionals

Healthcare providers should obtain a **detailed travel history** for patients with fever and acute respiratory illness. Healthcare providers in Maine should **immediately** notify Maine CDC (1-800 821-5821). On February 28, U.S. CDC issued a Health Alert Network (HAN): Update and Interim Guidance on Outbreak of COVID-19.

Limited information is available to characterize the spectrum of clinical illness associated with COVID-2019. No vaccine or specific treatment for COVID-19 infection is available; care is supportive.

For more information, visit U.S. CDC's webpage on evaluating and reporting a PUI and U.S. CDC's webpage on infection control.

### Additional Coronavirus Resources for Providers

- Interim US Risk Assessment and Public Health Management of Persons with Potential 2019 Novel Coronavirus Exposure in Travel-Associated or Community Settings
- Updated COVID-19 Testing Criteria Public Health Advisory March 5, 2020

## More Information

For travelers

For schools

For higher ed institutions (including foreign exchange programs)

For pregnant women and children

For businesses

For law enforcement

For communities

For public health communicators

COVID-19 - GuidanceList - 03/04/2020 (PDF)

## Guidance for Healthcare Providers

Current Interim Guidance

For Health and Long-Term Care Facilities

## Maine Specific Resources

Maine Department of Education Coronavirus Updates

Fact Sheet (PDF)

If you are a Maine health care professional and have questions about COVID-19, call: **1-800-821-5821**

If you are a Maine school professional and have questions about COVID-19, call (207) 624-6694 or email DOESchoolandStudentSupports@maine.gov.

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