Division of Disease Surveillance

Maine Center for Disease Control & Prevention
A Division of the Maine Department of Health and Human Services

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 responding to an outbreak 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. If you are concerned that you have been exposed to COVID-19, call your health care provider, who will determine whether you should be tested and, as appropriate, submit a sample for testing.

Read Maine CDC's COVID-19 Factsheet:

Acoli, عربي, English, Français, Kreyòl Ayisyen, ខ្មែរ, Ikirundi, Lingala, Português, Soomaali, Español, Kiswahili, Tiếng Việt

Situation in Maine

Maine COVID-19 Testing Data	
Updated: March 21, 2020 at 1:30 PM	
Confirmed Cases[1]	**Negative Tests**[2]
70	2,264

− View Cases by County

Confirmed and Recovered Case Counts by County		
County	**Confirmed**	**Recovered**
Androscoggin	3	1
Aroostook	0	
Cumberland	41	2
Franklin	0	
Hancock	0	
Kennebec	4	
Knox	0	
Lincoln	4	
Oxford	4	
Penobscot	2	
Piscataquis	0	
Sagadahoc	1	
Somerset	0	
Waldo	0	
Washington	0	
York	8	
Unknown	3	

+ View Confirmed and Presumptive Cases by Age

+ View Confirmed and Presumptive Cases by Sex

[1]**Confirmed Cases:** This number represents tests that come back positive from any approved lab.

[2]**Negative Tests:** This number represents negative tests from state, reference, or commerical laboratories, or at US CDC. Negative results are updated Monday through Friday.

News Releases

- Maine DHHS Acts to Ensure Access to Health Care, Food, and Basic Necessities While Protecting the Health of the Public and Employees
- Maine CDC Announces More COVID-19 Results
- Maine CDC Reports Additional COVID-19 Results
- Preliminary Testing Indicates Two New Presumptive Positive COVID-19 Cases in Maine
- Governor Mills, Maine CDC Announce First Presumptive Positive Case and Additional Steps to Respond to COVID-19
- 211 now available to answer general questions about COVID-19
- Maine CDC Lab Testing for COVID-19
- Maine to Begin Testing for COVID-19 at State Lab
- Maine continues to prepare for coronavirus

Office of Governor Janet T. Mills

- Governor Mills Takes Further Steps to Respond to COVID-19, Protect Health and Safety of Maine People

- Governor Mills, Legislature Spearhead Emergency Legislative Package to Respond to COVID-19
- Governor Mills Issues Declaration to Protect Maine People Against Price-Gouging

Travel

Travel Advisories	
Updated: March 20, 2020 at 11:00 AM	
China	**Level 3:** Avoid all nonessential travel. Most foreign nationals who have been in one of these countries during the previous 14 days will not be allowed to enter the United States.
Most European Countries	**Level 3:** Avoid all nonessential travel. Most foreign nationals who have been in one of these countries during the previous 14 days will not be allowed to enter the United States.
United Kingdom and Ireland	**Level 3:** Avoid all nonessential travel. Most foreign nationals who have been in one of these countries during the previous 14 days will not be allowed to enter the United States.
Iran	**Level 3:** Avoid all nonessential travel. Most foreign nationals who have been in one of these countries during the previous 14 days will not be allowed to enter the United States.
Malaysia	**Level 3:** Avoid all nonessential travel.
South Korea	**Level 3:** Avoid all nonessential travel.
Global	**Level 2:** Older adults or those who have chronic medical conditions consider postponing travel.
U.S. CDC: Coronavirus Disease 2019 Information for Travel 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

Read the full List of Frequently Asked Questions (PDF).

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.

Additional Coronavirus Resources for the Public

Additional Resources and Translated Materials	
Updated: March 20, 2020 at 11:00 AM	
Document/Resource	**Source**
Full List of Frequently Asked Questions (PDF)	Maine CDC
COVID-19 Factsheet (PDF): Acoli, عربي, Français, Kreyòl Ayisyen, ᨣᩬᩥᨣ, Ikirundi, Lingala, Português, Soomaali, Español, Kiswahili, Tiếng Việt	Maine CDC
Stop the Spread of Germs Factsheet (PDF): فارسی ,عربي, Français, پښتو, русский, Español, Kiswahili, Українська	U.S. CDC
Accessing COVID-19 Testing and Care for People Who Are Uninsured (PDF)	Maine CDC
Guidance on Non-Essential Large Gatherings (PDF)	Maine CDC
Recommendations for Virus Control in Eating Establishments (PDF)	Maine CDC

Interim Guidance for Healthcare Professionals

Healthcare providers should obtain a detailed travel history for patients with fever and acute respiratory illness. Healthcare providers **no longer need to call Maine CDC about when they test a patient** for COVID-19. 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

Additional Resources for Providers	
Updated: March 20, 2020 at 11:00 AM	
Document/Resource	**Source**
Strategies for Optimizing the Supply of PPE	U.S. CDC
Updated Guidance for COVID-19: Prioritization of Testing And Discontinuation Of Isolation - Health Alert - March 19, 2020 (PDF)	Maine CDC
Updated Guidance for COVID-19 Testing - Health Alert - March 16, 2020 (PDF)	Maine CDC
Actions to Take Now for Community Transmission of COVID-19 - Health Alert - March 15, 2020 (PDF)	Maine CDC
Guidance About Global Travel on Cruise Ships - March 15, 2020 (PDF)	U.S. CDC
Updated Guidance for COVID-19 - Health Alert - March 12, 2020 (PDF)	Maine CDC
First Presumptive COVID-19 Case in Maine - Health Alert - March 12, 2020 (PDF)	Maine CDC

Additional Resources for Providers

Updated: March 20, 2020 at 11:00 AM

Interim US Risk Assessment and Public Health Management of Persons with Potential 2019 Novel Coronavirus Exposure in Travel-Associated or Community Settings	U.S. CDC
Updated COVID-19 Testing Criteria Public - Health Alert - March 5, 2020 (PDF)	Maine CDC
Preparing for Community Transmission of COVID-19 in Maine - Health Alert - March 9, 2020 (PDF)	Maine CDC
Screening Checklist for Skilled Nursing Facilities (PDF)	AHCA and NCAL
Guidance for Preventing COVID-19 From Entering Your Skilled Nursing Center (PDF)	AHCA and NCL
Guidance for Infection Control and Prevention of COVID-19 in Nursing Homes (PDF)	CMS
Guidance for Preventing COVID-19 From Entering Your Assisted Living Facility (PDF)	AHCA and NCAL
Guidance for Long-Term Care Facilities (PDF)	Maine CDC

More Information

For travelers

For schools

For higher ed institutions (including foreign exchange programs)

For pregnant women and children

For older adults

For businesses

For law enforcement

For communities

For public health communicators

For faith-based organizations

For homeless shelters

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

Guidance for Healthcare Providers

Current Interim Guidance

For Health and Long-Term Care Facilities

Maine Specific Resources

Accessing COVID-19 Testing and Care for People Who Are Uninsured (PDF)

Maine Department of Education Coronavirus Updates

Fact Sheet (PDF)

Full List of Frequently Asked Questions (PDF)

Recommendations for Virus Control in Eating Establishments (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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