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.

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- Additional Resources for Healthcare Providers

Download Factsheets and Translated Materials:

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Situation in Maine

Maine CDC will host a COVID-19 media brief at 11:30 AM EDT Monday-Friday. If the time changes, we will update this statement with the new time.

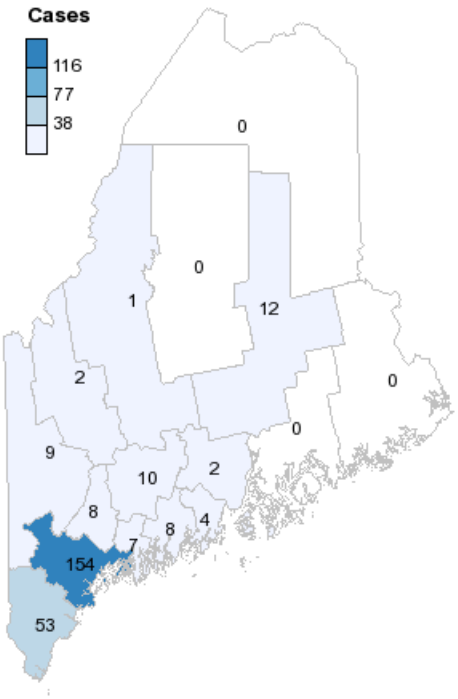
This information represents the number of full-time Maine residents who have tested positive for COVID-19. This is likely an underrepresentation of the true number of cases in Maine since not all individuals are being tested. For individuals not considered to be at high risk, medical providers are currently advised to diagnose COVID-19 based on symptoms. All data are preliminary and may change as Maine CDC investigates confirmed cases.

Maine COVID-19 Data			
Updated: March 30, 2020 at 12:00 PM			
Confirmed Cases[1]	**Recovered**	**Hospitalized**	**Deaths**
275	41	49	3

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

Because of the number of outside labs that are testing samples from Maine, it is no longer possible to post an accurate count of negative tests.

− View a Map of Confirmed COVID-19 Cases by County



View a larger map in a new window

County	Cases
Androscoggin	8
Aroostook	0
Cumberland	154
Franklin	2
Hancock	0
Kennebec	10
Knox	4
Lincoln	8
Oxford	9
Penobscot	12
Piscataquis	0
Sagadahoc	7
Somerset	1
Waldo	2
Washington	0
York	53
Unknown	5
Total	275

+ View a Table of COVID-19 Cases by County

+ View Confirmed Cases by Age

+ View Confirmed Cases by Sex

News Releases

- Mills Administration Takes Steps to Support Personal Care Workers, Maine Seniors in Response to COVID-19
- Maine Records Second and Third Deaths of Individuals Who Tested Positive for COVID-19
- Maine Records First Death of Individual Who Tested Positive for COVID-19
- Mills Administration Takes Steps to Support Nursing Homes in Response to COVID-19
- Maine DHHS Releases Further Information About Closure of Lewiston Office
- Governor Mills Acts to Promote Access to Health Care During COVID-19
- 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

Office of Governor Janet T. Mills

- Maine Records First Death of Individual Who Tested Positive for COVID-19
- Governor Mills Launches New Online Resource Outlining Ways Mainers Can Help Mainers During COVID-19 Pandemic
- Select Coastal State Parks Closed Due to Overcrowding
- Governor Mills Extends State Income Tax Payment Deadline to July 15, 2020
- Mills Administration Takes Steps to Support Nursing Homes in Response to COVID-19
- Governor Mills Acts to Promote Access to Health Care During COVID-19

Read more

Travel

Travel Advisories	
Updated: March 28, 2020 at 10:30 AM	
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.	China, Iran, Most European Countries, United Kingdom and Ireland
Level 3: Avoid all nonessential travel.	Global
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.

Current Testing Guidelines for Maine State Lab

Testing at state lab (HETL) as of March 25, 2020. Maine now meets U.S. CDC's criteria for a Moderate level of community transmission. At present, a limited national supply of laboratory materials inhibits Maine's testing capacity. Therefore, consistent with U.S. CDC guidelines, Maine is now creating a prioritization system to test individuals in high-risk categories.

To preserve Maine's specimen collection and testing supplies for patients who may develop severe COVID-19 illness over the coming months, effective immediately, Maine Health and Environmental Testing Laboratory (HETL) will prioritize testing to high-risk individuals and will only accept specimens for testing from symptomatic individuals who have fever or respiratory symptoms and who fall into one of the following high-risk categories:

Tier 1:

- Those who are hospitalized
- Health care workers
- First responders (e.g., EMS Police, Fire)
- Patients living in congregate setting (e.g., LTCFs, group homes, assisted living facilities, jails, shelters)

Tier 2:

- Patients older than 60 years
- Patients with underlying medical conditions

Testing within these categories is likely to be prioritized further based on availability of laboratory materials. This guidance is in general accordance with U.S. Department of Health and Human Services (DHHS) recommendations for prioritizing COVID-19 testing for individuals.

Note:

- Samples from individuals who do not fall into any of these six categories should be sent to a commercial laboratory.

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.?

COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for the following people:

- People who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members
- Older adults

- People of any age who have serious underlying medical conditions
- Those who live in or have recently been in an area with ongoing spread of COVID-19

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

Additional Resources and Translated Materials	
Updated: March 24, 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 | ᨦᨾᨿᨦ | 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
Recommendations for Virus Control in Hotels (PDF)	Maine CDC
Recommendations for Virus Control in Eating Establishments (PDF)	Maine CDC
Executive Order for Restaurants and Bars - Questions and Answers (PDF)	Maine CDC
Guidance on Non-Essential Large Gatherings (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
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 DOE School and Student Supports.

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