Social Services Help

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.

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 as much as possible. 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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- Interim Guidance for Healthcare Providers
- Additional Resources for Healthcare Providers

Download Factsheets and Translated Materials:

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+ View a Table of Cumulative Confirmed COVID-19 Cases by Age

+ View a Table of Cumulative Confirmed COVID-19 Cases by Sex

+ Read Details About the Data New

News Releases

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Office of Governor Janet T. Mills

- Governor Mills on Guidelines for Reopening the Economy
- Governor Mills Unveils Actions to Protect Housing for Maine People Amidst COVID-19 Pandemic
- Governor Mills Statement on Explosion at Androscoggin Mill in Jay
- Governor Mills Extends State of Civil Emergency As Maine Continues to Combat COVID-19
- Governor Mills Urges USDA to Develop Strategy to Support Hunger Relief Organizations & Feed Maine People

Read more press releases from the Governor's office.

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 and practice social distancing. *If you recently traveled to a country with a coronavirus disease 2019 (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.*

Current Testing Guidelines for Maine State Lab

On March 25, 2020, Maine met U.S. CDC's criteria for a Moderate level of community transmission for coronavirus disease 2019 (COVID-19). Maine's testing capacity is inhibited by the limited national supply of laboratory materials. 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. Learn more about COVID-19 symptoms.

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. Find out more about how COVID-19 spreads.

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.

Additional Coronavirus Resources

Additional Resources and Translated Materials	
Updated: April 15, 2020 at 5:00 PM	
Document/Resource	**Source**
Full List of Frequently Asked Questions (PDF) New	Maine CDC
Which Type of Mask Do I Need? (PDF)	Maine CDC
Recommendation Regarding the Use of Cloth Face Coverings (PDF)	U.S. CDC
Guidance for Using Personal Protective Equipment (PDF)	U.S. CDC
Governor Mills Stay Healthy at Home FAQs (PDF)	Office of Governor Janet T. Mills
Tips for Safely Engaging in Outdoor Exercise Activities	Maine DACF
Chronic Diseases and COVID-19: What You Need to Know (PDF)	National Association of Chronic Disease Directors
COVID-19 Resources in American Sign Language (YouTube) New	U.S. CDC

Additional Resources and Translated Materials	
Updated: April 15, 2020 at 5:00 PM	
COVID-19 Factsheet (PDF): Acoli | عربي | Français | Kreyòl Ayisyen | ខ្មែរ | 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
Read and Listen to Translated Maine COVID-19 News Updates: فارسی | عربي | Français | ខ្មែរ | پښتو | русский | Lingala | Soomaali | Español | Kiswahili | Tiếng Việt	Maine Catholic Charities
Families First Coronavirus Response Act: Employee Rights (PDF)	U.S. Department of Labor
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
Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/ Delivery Services During COVID-19 Pandemic (PDF) New	U.S. Food and Drug Administration
Executive Order for Restaurants and Bars - Questions and Answers (PDF)	Maine CDC

Interim Guidance for Healthcare Professionals

Maine 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 coronavirus disease 2019 (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
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
Screening Checklist for Skilled Nursing Facilities (PDF)	AHCA and NCAL
Guidance for Preventing COVID-19 From Entering Your Skilled Nursing Center (PDF)	AHCA and NCAL
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 from U.S. CDC

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

Guidance for Healthcare Providers

Current Interim Guidance

For Health and Long-Term Care Facilities

Maine Specific Resources

Learn How Mainers Can Help During the COVID-19 Pandemic

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

Read Maine Department of Education Coronavirus Updates

Download the Maine CDC COVID-19 Fact Sheet (PDF)

Read the 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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