

Other COVID-19 Resources

Helpful Links

- [Latest list of Frequently Asked Questions about COVID-19 from the Maine CDC](#)
- [Health information from the Biddeford School Department](#)
- [Maine CDC website](#)
- [US CDC website](#)
- [FEMA COVID-19 Rumor Control Webpage](#)
- [Information for MaineCare members](#)
- [Federal](#) and [Maine](#) Income Tax Filing Deadlines Extended to July 15
- [COVID-19 Fact Sheet](#)
- [Information on the CARES Act \(COVID-19 Stimulus Bill\)](#)
- [COVID-19 Guide for Cancer Patients](#)

Sign up for COVID-19 Updates from Government Agencies in your Area

Enter your email address below and click 'Next' to select from a list of agencies in your area. If there are no local agencies in your area currently sending updates, you can still receive national updates from federal agencies.

Note: This list includes agencies which have recently sent out COVID-19 updates. They may also send out additional updates that are not COVID-19 related.

Email

☐ By checking this box, you consent to our [data privacy policy](#).



Staying Updated


The best way to get accurate, up-to-date information about coronavirus in our area is to sign up for [Public Health Email Alerts](#) from the Maine CDC.


Additionally, you can now contact **211 Maine** to get answers to questions about coronavirus at any time. This service is available by dialing **211***. You can also text your ZIP code to 898-211 or email info@211maine.org. Calls, texts, and emails to 211 are answered 24/7 by a person here in the state. 211 Maine is equipped to answer general questions about coronavirus, including how Maine people can best protect themselves, options for testing, and travel considerations. Anyone looking for specific medical advice regarding symptoms they may be experiencing is strongly urged to call their medical provider, an urgent care center, or 911, depending on the severity of symptoms.


*Due to a high volume of calls, some callers may have trouble reaching 211. You may also call their alternate line at 207-874-2211, or toll-free at 1-877-463-6207 or the rotary line at 866-811-5695 for assistance.

Maine COVID 19 UPDATE – REMEMBER: YOU ARE NOT ALONE!



 **Maine Statewide Crisis Hotline –** 1- 888-568-1112 (Voice) or 711 (Maine Relay)
(24 hours a day)


 **Domestic Violence Helpline –** 1-866-834-HELP (4357)

 **Mental Health Hotline (NAMI) –** 1-800-464-5767 (Press 1)





If you are not sure who to call, DIAL 2-1-1

Dial 2-1-1 to get connected to statewide services and programs.
One number – thousands of services. Call 211 (24 hours a day!)

**RESPONDING TO THE COVID-19 PANDEMIC CAN
BE ENORMOUSLY STRESSFUL FOR HEALTHCARE
WORKERS AND FIRST RESPONDERS**



YOUR PEERS ARE HERE FOR YOU!
CALL (207) 221-8196
BETWEEN 8 A - 8 P TO CONNECT WITH SUPPORT.

COVID-19 Symptoms

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough

- Shortness of breath

Other symptoms include:

- Sore throat
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- New loss of taste or smell

If you have symptoms that match the symptoms of coronavirus, **stay home and call your primary care doctor**. If you don't have a primary care doctor, then call an urgent care facility. *Do not visit any healthcare provider without giving advanced notice*. They need time to prepare and consult with the Maine CDC.

Tips for Preventing the Spread of Illness

- Wash your hands frequently with soap and water for at least 20 seconds. FMI: [When and How to Wash Your Hands](#)
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Practice "social distancing" - minimize contact with others to slow the spread. Learn more about what this means [here](#).

[Click here](#) for information about preventing the spread of illness for non-native English speakers.

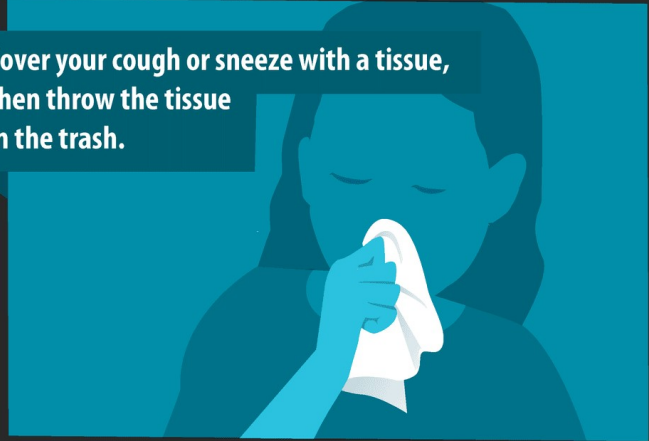
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

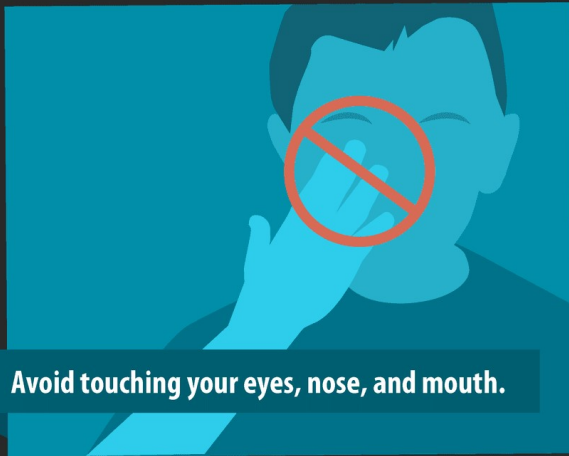
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



For more information: www.cdc.gov/COVID19

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