

PUBLIC HEALTH UPDATE FOR LEWISTON RESIDENTS

UPDATED MAY 22, 2020

COVID-19

COVID-19: What You Can Do

INCREASE: Lewiston is experiencing an increase in the number of local residents affected by COVID-19.

HOW IS IT SPREAD? The virus appears to spread by coughing and sneezing, close personal contact, such as touching or shaking hands, and the touching of an object or surface that has the virus on it and then touching your mouth, nose, or eyes with unwashed hands.

HELP PREVENT SPREAD: To help prevent the spread of the virus, the State of Maine has ordered that face coverings are required to be worn in public when physical distancing is difficult to maintain. Face coverings should cover your mouth and nose. Also, please wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

SOCIAL DISTANCING: Please stay at least six feet (2 arms' length) away from other people who are not from your household, do not gather in groups, and avoid large gatherings. Avoid close contact with people who are sick.

NOT FEELING WELL? If you have a cough, shortness of breath, or difficulty breathing, or at least two of these symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or a new loss of taste or smell, you may have COVID-19.

Symptoms can appear 2 to 14 days after exposure.

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

IF YOU HAVE COVID-19 SYMPTOMS: Stay at home, separate yourself from others by staying in a specific “*sick room*” or isolated area, and use a separate bathroom, if available.

CALL MEDICAL PROVIDER: Also, call your health care provider or Central Maine Medical Center or St. Mary’s Regional Medical Center, and health professionals can determine if you need to be tested and they will assist you in arranging testing.

MAINECARE INFO: To receive emergency MaineCare coverage, you must apply through the Department of Health and Human Services Office for Family Independence through their website or call 1-855-797-4357. Interpreter services are available at no cost. Web Site: (<https://www1.maine.gov/benefits/account/login.html>):

MAINECARE – IMMIGRATION STATUS: MaineCare is providing coverage for COVID-19 testing and treatment regardless of immigration status. Individuals will need to apply for MaineCare in order to have these services covered. Immigrants without documentation or a qualifying status who are not eligible for full health care benefits under MaineCare can still receive coverage for testing and treatment for COVID-19 under Emergency MaineCare.

For more information about applying, go to

UPDATED LINK (5/22/20)

https://www.maine.gov/dhhs/oms/pdfs_doc/COVID-19/Emergency-MaineCare-COVID19-Guidance.pdf

Individuals can still apply for coverage up to three months after they have already received services.

WE ARE ALL IN THIS TOGETHER: Please follow Maine CDC guidance so we can reduce the spread of this virus in our city. Thank you.