

Staying Proactive Against the Coronavirus

Updated March 5, 2020



While the risk of COVID-19 in Maine remains low, you can help keep yourself and your co-workers healthy by taking common sense steps and staying informed.

How do I help stop the spread of germs?	What if I think I am sick?
<ul style="list-style-type: none"><input type="checkbox"/> Avoid close contact with people who are sick.<input type="checkbox"/> Cover your cough or sneeze with a tissue, then throw the tissue in the trash.<input type="checkbox"/> Avoid touching your eyes, nose, and mouth.<input type="checkbox"/> Clean and disinfect frequently touched objects and surfaces.<input type="checkbox"/> Stay home when you are sick, except to get medical care.<input type="checkbox"/> Wash your hands often with soap and water for at least 20 seconds. <p>For the latest information and more helpful tools visit: www.cdc.gov/COVID19</p>	<p>U.S. CDC guidance recommends calling your medical provider first. If they advise that you see a walk-in clinic, a list can be found by scanning this QR code or visiting maine.gov/bhr/oeh. If you do not speak with a medical provider, please call the walk-in clinic first before going due to possible wait times and exposure risk.</p>  <p>Anthem subscribers also have the following options:</p> <ul style="list-style-type: none"><input type="checkbox"/> Call the Nurse Line at 1-800-607-3262 (see the back of your Anthem card).<input type="checkbox"/> Register for Live Health Online, the 24-hour, no co-pay telemedicine option. Visit LiveHealthOnline.com to learn more.
What do I do if I have travel plans?	I have questions about COVID-19 and work, where do I turn?
<ul style="list-style-type: none"><input type="checkbox"/> If you plan on traveling soon, scan this QR code to get the latest travel warnings, or visit CDC.gov. 	<p>Please contact your Human Resources office with questions and concerns.</p> <p>The Department of Administrative and Financial Services will provide updates as necessary as the situation changes.</p>

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

