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Maine ADAP Update on COVID-19

as of March 18, 2020

Several people in Maine have tested positive for COVID-19, a virus first found in China in December 2019. Most people who get COVID-19 have mild symptoms like a common cold or flu, but others may have serious illness that needs medical care.

[Symptoms of COVID-19](#) may include:

- Fever
- Cough
- Difficulty breathing

Symptoms may appear **2-14 days after being exposed.**

What should I do if I have symptoms?

Call ahead to a healthcare provider if you have a fever, cough, or difficulty breathing. Tell your healthcare provider about **any** recent travel or contact **people who have COVID-19**. Your healthcare provider will work with Maine CDC about whether or not you need to be tested.

Who is at higher risk?

- Early information shows that older adults and people who have serious chronic medical conditions are at higher risk for serious illness.
 - Serious chronic medical conditions include: heart disease, diabetes, and lung disease.
- If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

What can I do to reduce my risk of getting sick?

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. Avoid close contact with others.

Currently there is no vaccine available to prevent the spread of COVID-19.

What about drug shortages?

At this time, the major drug companies that make HIV drugs are not reporting any concerns about drug supplies. You can look up more information about drug shortages at:

<https://www.fda.gov/drugs/drug-safety-and-availability/drug-shortages>

How do I get extra drugs?

Some officials have made recommendations about keeping extra medicine on hand. If you want an extra supply or early fill, contact your insurance company. If they approve, ADAP can pay your copays like usual. If your insurance company does not approve, **ADAP cannot pay the full cost of extra drugs.**

How is this affecting ADAP/Ryan White?

We are extending the deadline for people who would have needed to send in their regular paper work at the end of April. These forms will now be due at the end of May instead. Even if you cannot send in all the forms because of closings, make sure you send in the forms that need your signature.

Our staff are helping with COVID-19 work. Some of our staff may not be as easy to reach. We may take longer to process applications.

For more information

Contact 211 Maine for answers to questions on COVID-19:

- Dial 211 (or 1-866-811-5695)
- Text your ZIP code to 898-211
- Email info@211maine.org
- 211 is TTY and Video Relay accessible if calling from Maine
- Visit www.maine.gov/dhhs/coronavirus