DO YOU HAVE COVID-19? DO YOU NEED SUPPORT?

Do I need a COVID-19 test?

Get Tested!

What if my test is positive?

- Have you been exposed to COVID-19?
- Do you have symptoms?
- Check [Maine's guidelines online](#)

Remember to stay safe! Wear a mask, social distance, and wash your hands or use hand sanitizer.

- Get tested at a testing site or a hospital
- You must isolate or quarantine until you get your results
- If you need support to stay home, ask for a referral to [Community Care for Social Support Services](#)
- The testing site will call or text you your result

The Maine CDC will call you and ask:
- Where were you infected?
- Do you have symptoms?
- Who have you been in close contact with?

- They will call your close contacts to see if they have symptoms and need to quarantine.
- You must isolate, Maine CDC will tell you for how long
- They can help you access [Community Care for Social Support Services](#)

Refer via email @DHHS.covidsocialsupport@maine.gov or via this [online form](#)

Community Care for Social Support Services

You can ask your community leader, doctor, healthcare provider, social worker, school nurse, OR the Maine CDC for support to isolate or quarantine.
COVID-19 COMMUNITY CARE SUPPORT SERVICES

What are Community Care Social Supports?

Community Care Social Supports are services available to anyone who needs help to quarantine or isolate. Services are provided by local community organizations and they include:

- Food (groceries/cooked meals/food delivery)
- Cultural brokering and language services
- Health prevention and medical referrals
- Transport to testing centers, medical care centers and shelters
- Pickup of supplies and medications
- Mental health services
- Safe housing/shelter during isolation/quarantine
- Connection to additional support services

When can I get support?

- You have symptoms of COVID-19 OR
- You are waiting for your test results OR
- You have a positive COVID-19 test OR
- You have been in close contact with someone who has COVID-19

How can I access these services?

- Your community leader, doctor, healthcare provider, social worker, school nurse, OR the Maine CDC can refer you for support
- With your consent, they can make a referral by email DHHS.covidsocialsupports@maine.gov or complete this online form

Refer via email @DHHS.covidsocialsupport@maine.gov or via this online form