

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



**Do I need a
COVID-19 test?**

- Have you been **exposed** to COVID-19?
- Do you have **symptoms**?
- Check **Maine's guidelines online**
<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

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



**Get
Tested!**

- 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 test result



**Community
Care for Social
Support
Services**



**What if my
test is
positive?**

- 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 or isolate.
- You must isolate, Maine CDC will tell you for how long
- They can help you access **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.

Refer via email DHHS.covidsocialsupport@maine.gov or the online form (<https://www.maine.gov/dhhs/form/covid-19-referral-form>)



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 or quarantine**
- **Connection to more 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 emailing **DHHS.covidsocialsupports@maine.gov** or completing **the online form**
(<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

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