

COVID-19
STAY HEALTHY
AT HOME
FACTS

Let's Come Together By Staying Apart!

To ensure we all have what we need to be well, we must protect everyone in our community. To protect the health of all community members the Maine CDC recommends:

DO



DO Stay at Home, except for accessing basic needs or exercising outside.



DO keep 6 feet between you and those who don't live with you anytime you are outside.



DO go to the store, but limit your visits.



DO go outside. Take your dog for a walk, ride your bike or exercise.



If you are sick, DO stay home and call your healthcare provider. If you do not have a primary care provider, dial 2-1-1 for information. Do Not show up at a clinic or hospital if you are sick without first talking with someone.

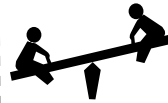
DO NOT



Do Not gather with others who do not live with you – even small groups or just one other family.



Do Not play group sports at the park or visit playgrounds.

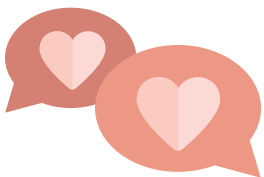


Do Not organize play dates for children or let teenagers hang out with friends.



Do Not travel or use public transportation unless it is essential for work or to access basic needs.

Staying Apart Doesn't Mean Being Alone.



To cope with stress during this pandemic, draw on skills you have used to get through past life challenges.

We all may need extra support to get through this time.

This may mean calling for outside help. Connect with community services available 24/7 to all people in Maine:

the
Opportunity
Alliance
Public Health Program

- Call **2-1-1** for information and resources. Press 5 for an interpreter in any language.
- Call the **Maine Warm Line** at **866-771-9276** for support with fear, grief, and sadness.
- Call the **Maine Crisis Line** at **888-568-1112** for support through a crisis.