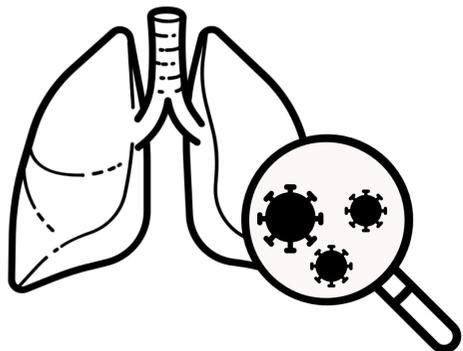


2019 Novel Coronavirus (COVID-19)



Fact Sheet



2019 Novel Coronavirus (COVID-19) is a respiratory illness. It is caused by a coronavirus. The COVID-19 outbreak started in Wuhan City, China and since spread to many other countries. At this time, most people in the United States have low risk of exposure.

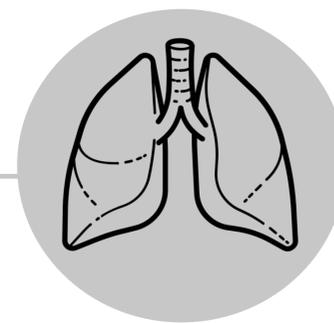
Common Signs and Symptoms



Fever

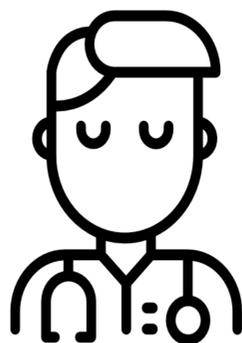


Cough



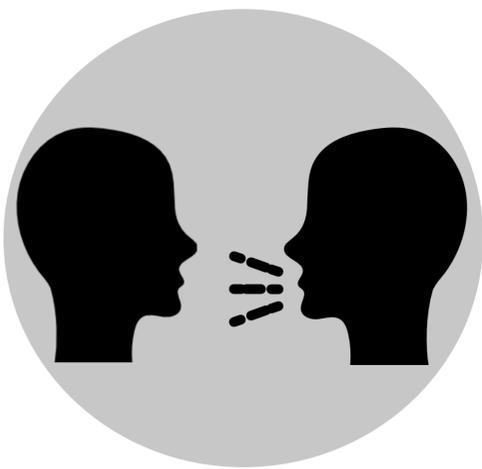
Shortness of Breath
and Trouble Breathing

Symptoms begin 2 to 14 days after exposure to the virus. Reported illnesses range from mild to severe. Severe disease can cause pneumonia, kidney failure, and death.



Call your healthcare provider if you have symptoms. Tell them about any recent travel and if you had contact with a known case. If you need medical care, please call the healthcare facility **BEFORE** you arrive.

Spread of COVID-19



- The virus spreads mainly from person-to-person. This happens when an infected person coughs or sneezes and can infect others within 6 feet of them.
- It may be possible that a person can get COVID-19 by touching a surface or object that the virus is on and then touching their own mouth, nose, or eyes. This is NOT the main way the virus spreads.

Prevention of COVID-19 for Travelers



Avoid contact with sick people.



Avoid animals (alive or dead) and animal products. This includes uncooked meat.



Wash your hands with soap and water.

You should also wash your hands for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available. If you have the above symptoms, you should call your healthcare provider.

There is no specific treatment for COVID-19. Most people recover at home.

For More Information, Visit:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

You can also call Maine CDC at 1-800-821-5821.