

I HAVE COVID-19, WHAT SHOULD I DO?



Do's

- Stay home & separate yourself as best you can from those in your home.
- Wear a mask around those in your household.
- Stay away from people who are at a high risk of getting the virus.
- Wash your hands & use hand sanitizer often.



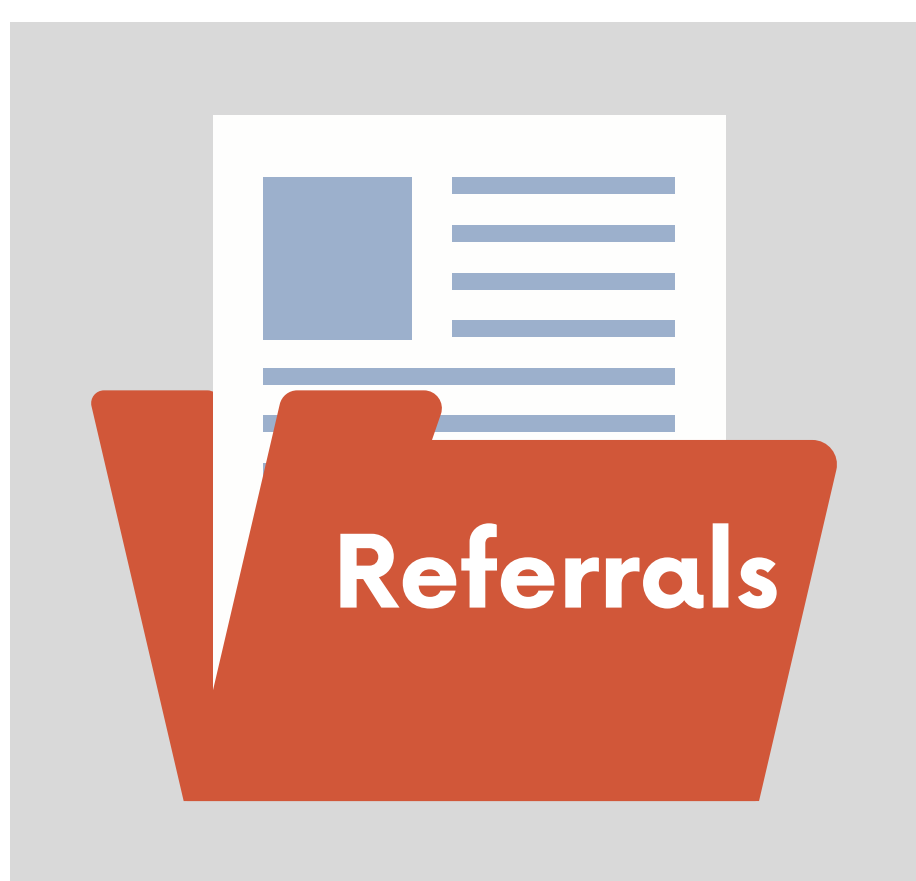
Stay home until...

- Your symptoms of COVID-19 are better. Such as your fever, cough, & shortness of breath.
- It has been 10 days since you first felt sick.
- You haven't had a fever in the last 24 hours & haven't used medicine that lowers fevers.



Dont's

- Leave your home or have visitors over.
- Use public transportation or driving services, such as Uber or Lyft.
- Share items, such as food, cups, & eating utensils.
- Touch your face with unwashed hands.



Referrals

- If you need help to quarantine or isolate, you can request free support.
- Examples of such support include: food assistance, safe housing/shelter, cultural brokering, & language services.
- Here is the link to make a referral, for yourself or someone else <https://www.maine.gov/dhhs/form/covid-19-referral-form>.