1. From 1 case on March 12th we now have more than 100 cases in Maine today.

2. The COVID-19 (Corona Virus) is a deadly disease and is spreading very fast in Maine. This disease is real!

3. We ask that you please respect and follow all the guidance to help stop the spread of the virus in your community.

4. Please keep yourself, your family and your community safe all the time. Don’t allow anyone in your home except for the people who live there.

5. Clean your hands more often and avoid touching people or anything as much as possible. Wash your hand immediately after touching anything.

6. Stay home as much as possible. Avoid taking your family members and friends grocery shopping. Children should avoid the playground.

7. Avoid gathering in groups of more than 10 people whether at home or in public. Social distancing doesn’t mean visiting homes of friends/family & sitting less than 6 feet away from each other.