

MARCH 24, 2020

# COVID-19 Update for New Mainers

- 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.