

MARCH 30, 2020

# COVID-19 Update for New Mainers

## **The New Mainers Community Collaborative URGENT message:**

We're asking EVERYONE in our community — BEGGING (imploring) you — to PLEASE take the COVID-19 coronavirus SERIOUSLY!

In just TWO WEEKS, the number of cases here in Maine has LEAPED to more than a HUNDRED and FIFTY and that's ONLY people who got TESTED.

The CDC says there can be up to 10 TIMES more people with coronavirus showing NO symptoms or MILD symptoms who DON'T seek treatment — but they can STILL spread the virus!

We fear this is JUST the BEGINNING.

Maybe you haven't taken this threat seriously, but you MUST: this is our ONLY chance to STOP this terrible disease before it overwhelms us all.

PLEASE, keep washing your hands and stay at home!

We MUST practice keeping our distance from our friends and neighbors.

The stay-at-home order means you can go out ONLY if you need food or medicine, and don't go to churches, mosques, the playground, or ANYWHERE there are more than ten people gathered.

Please do it for yourself, your family, for EVERYONE in our community!

Our elders, our children, our mothers and fathers are ALL at risk.

The best way to stay healthy is to stay at home, for now.

**Get the facts at [www.ccmaine.org](http://www.ccmaine.org).**

**And trust that public health officials and community partners are working to keep us all safe, but YOU play an important part! Thank you.**