

INFORMATION ABOUT COVID-19

HELP PROTECT YOURSELF & OTHERS BY:



Wash your hands often with soap and warm water for 20 seconds



Don't touch your eyes, nose, or mouth



Maintain proper social distancing by staying 6 feet away from others



Cover coughs or sneezes with tissues and discard immediately

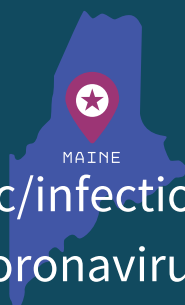
For Lewiston-area specific information including updates about public transportation, information about employment, food, or housing programs, and updates from Mayor Cayer, please follow these links to visit these resources:



[lewistonmaine.gov/993/Coronavirus-](http://lewistonmaine.gov/993/Coronavirus-Information)

[Information and growingoutreestreeets.com/covid-19](http://growingoutreestreeets.com/covid-19)

Visit



MAINE

maine.gov/DHHS/mecdc/infectious-disease/epi/airborne/coronavirus.shtml for the State of Maine Centers for Disease Control and Prevention (CDC) COVID-19 information page (updated daily).

New Beginnings

Visit newbeginmaine.org/about-us/covid-19/ to get the most recent COVID-19 related updates from New Beginnings.

MORE WAYS TO HELP PROTECT YOURSELF & OTHERS:



Remain in the place you are staying as much as possible avoiding crowds



If you have symptoms, call before seeking treatment



Stay in contact with people who are important to you



Get updates from reliable sources



According to the Centers for Disease Control and Prevention (CDC), visit this site for info on what do do if you are sick: cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf

Clients of New Beginnings can call CMMC at 207.795.2800 option 3 and identify themselves as a patient of Dr. Josie's.

Symptoms can include: Fever, dry cough, body aches, chest or nasal congestion, tiredness, diarrhea, or runny nose.