

Coronavirus/COVID-19  
***Awareness, Preparation, and Response***

Coronavirus disease, caused by COVID-19, is especially dangerous to people who are **over 60**, have **heart disease, lung disease**, or are **immunocompromised**.

We can help people in Georgetown survive the pandemic by taking action now and working together. Please:

- **Stay home, whether or not you feel sick**
- Limit contact with others (no hand-shaking, kissing, or hugging)
- Keep your distance from others-- 6 feet or more.
- Wash your hands frequently, especially after going out.

Symptoms of Coronavirus may appear **2-14 days after exposure** and include:

- Fever
- Cough
- Trouble breathing
- (Other symptoms may include runny nose, sore throat, muscle aches, and feeling tired.)
- If you have any of these symptoms **contact your physician, stay away from others**, ask others with whom you have been in contact to self-quarantine, and try to list people you have been in contact with for the last 14 days.
- Call your doctor **before** you go in. They can tell you what to do and whether you need to come in.

Seek **medical attention immediately** if you have any of the following **emergency warning signs**:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**Emergency Contacts:** Identify **2** emergency contacts (name, phone, address) and keep this information handy; call them in the event of an emergency (after you call 9-1-1).

**Plan what you will do if you contract COVID-19 and are asked to recover at home:** You will need to separate yourself from other people and animals; stay in a specific room at home and away from other people; use a separate bathroom if available.

**Medications:** Keep a 3-month supply of **all** medications you may need at home. If you have a chronic illness, consult your doctor about how to prepare in case your doctor is unavailable due to illness or quarantine.

- Avoid taking ibuprofen (Motrin or Advil) because it can result in more serious coronavirus disease.

**Food and supplies:** Keep enough food and cash on hand to meet emergency needs for at least 3 months.

For more information on Covid-19, contact the Maine Center for Disease Control: 207-827-8016;  
[www.maine.gov/dhhs/mecdc/](http://www.maine.gov/dhhs/mecdc/)