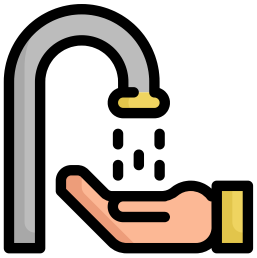


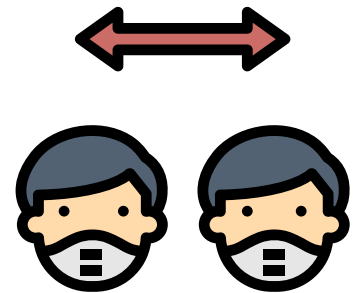
HOW CAN I PROTECT MYSELF & OTHERS AGAINST COVID-19?

Everyone is at-risk for COVID-19. Symptoms may appear 2-14 days after exposure to the virus. Older adults and people who have severe underlying medical conditions such as, heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Reported symptoms can range from no symptoms at all, to mild or severe illness.



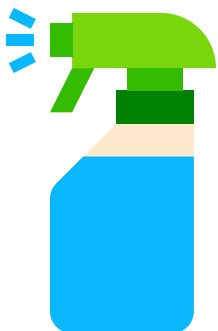
Wash your hands **frequently** with soap and water for at least 20 seconds.

Avoid close contact and try to keep at least a 6 foot distance between yourself and others.



Cover your mouth and nose with a mask. You can spread COVID-19 to others even if you do not feel sick - the mask is meant to protect you and those around you.

Cover coughs and sneezes. Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.



Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, toilets and sinks.

Monitor your health daily. Be alert for symptoms. If you have a fever, cough or difficulty breathing, seek care early. Call beforehand and follow medical advice.



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Keep Maine Healthy COVID-19
Awareness Campaign



**TOGETHER, WE CAN KEEP OUR
COMMUNITY SAFE.**



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COALITION**

of Greater Franklin County

