

WHERE CAN YOU GET TESTED FOR COVID-19?

Available testing resources by county:

<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Available testing locations within 40 miles of a provided zip code, with specific instructions:

<https://get-tested-covid19.org>

If you do not have a primary care provider, you can visit an urgent care or walk-in facility for care and testing. **Always call ahead before arriving.**

TOWN OF WINDHAM

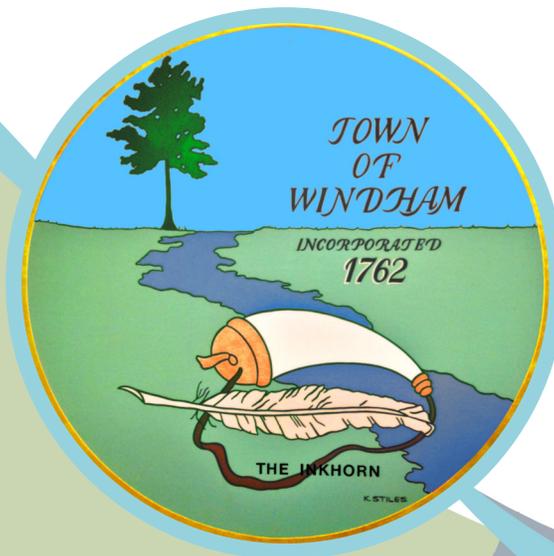
8 School Road, Windham ME 04062

NEED TO REPORT COVID-19
RELATED CONCERNS OR
COMPLAINTS?

HAVE QUESTIONS?

CONTACT US

Town Manager's Office | **892-1907** |
Fire-Rescue Chief-Local Health Officer | **892-1911**



WINDHAM CARES

RESOURCE GUIDE

WINDHAM WORKING
TOGETHER TO REMAIN
HEALTHY



WINDHAM CARES CAMPAIGN

We all play a part in our community's collective health. The Town of Windham is launching a Windham Cares public outreach campaign. Other than printed brochures and a possible visit from Fire-Rescue personnel, the town will also post materials on the Town of Windham website (www.windhammaine.us) and Facebook pages.

WORKING TOGETHER

Although we may all be feeling a little weary of the pandemic and its effect on so many parts of our lives, we all need to maintain precautionary efforts to keep our community healthy. Our case numbers are currently low and holding steady. Keep it up Windham!

REMEMBER THE BASICS

Continue to take these precautions:

- **Maintain** at least 6-foot physical **distance** from others;
- **Wear a mask** both indoors and outdoors when you cannot remain 6-feet from others;
- **Wash your hands** frequently for at least 20 seconds and avoid touching your face;
- Clean and disinfect frequently touched surfaces and objects; and
- Stay home if you are sick.

CONSIDERATION FOR GATHERINGS

Maine CDC provides the following guidance:

- Outdoor gatherings of up to 100 people, with no more than 5 people per 1,000 square feet are allowed; and
- Indoor gatherings are still limited to 50 people or less depending on the space available to maintain appropriate distancing.

WHAT VISITORS SHOULD KNOW

The State of Maine mandates that all out-of-state visitors, as well as Maine residents returning to Maine, complete a 14-day quarantine upon arrival.

The State will allow individuals to forgo this quarantine period if they have a negative COVID-19 PCR test collected no more than 72 hours before arriving to Maine. Guidance advocates visitors to "Know Before You Go" and get tested and receive results in your home state before traveling. (NH, VT, CT, NJ, NY and MA are exempt.)

Per Governor's Order 9/23/2020.

**STAY HOME
IF YOU ARE SICK**



SYMPTOMS

People with COVID-19 may experience any one or multiple of the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Muscle or body aches
- Sore throat
- Congestion
- New loss of taste or smell
- Runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear **2-14** days from exposure to the virus.

WHAT TO DO IF YOU ARE SICK

Call ahead to a health care professional if you develop a fever and symptoms of respiratory illness.

Tell your healthcare provider about any recent contact with people with COVID-19. Your healthcare professional will work with Maine CDC to determine if you need to be tested.

