Coronavirus

Coronavirus Update from Cathy Gosselin, Raymond Health Officer

The COVID-19 virus is now in Maine and we all need to help keep ourselves and our families safe during this time of a public health emergency.

- Symptoms of COVID-19 include having a cough, fever and shortness of breath.
- If your symptoms are mild, isolate yourself at home for 14 days.
- Seek medical advice if symptoms become severe.
- Call your doctor’s office or emergency room who can determine if you need to be tested.
- Tell them about your symptoms and recent travel history.
- Seek medical advice if symptoms become severe.
- If your symptoms are mild, isolate yourself at home for 14 days.
- Some ways to help keep you safe and stop the spread of the virus:
  - Wash hands often with soap and water for at least 20 seconds.
  - Do not touch your face, eyes, nose or mouth with your hands.
  - Avoid close contact with others who are sick.
  - Maintain “social distancing” practices as recommended by the CDC.
  - Keep yourself healthy with good food and fluid intake.
  - Clean and disinfect frequently touched surfaces routinely like computers and keyboard, door handles, telephones and kitchen counters, etc. When applying disinfectant, leave it on the surface for at least 10 minutes.
  - Stay informed with reliable resources.

For more information:
- Contact 211 Maine (Dial 211 or 1-866-811-5695) for answers to frequently asked questions on COVID-19.
- Email info@211maine.org

- Contact Raymond Health Officer at: cathy.gosselin@raymondmaine.org
- Check the Town’s website at www.raymondmaine.org for updates on Town activities and possible closing’s.

Proposed Ordinance Changes for 2020 are listed on the Town’s homepage: www.RaymondMaine.org