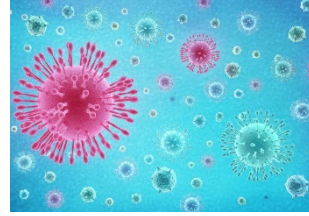


Get ready for Coronavirus COVID-19 now

Especially if you are at a higher risk.

Who is at higher risk of getting very sick of this illness?



- **Older adults**
- **People who have serious chronic medical conditions** like:
 - Heart disease
 - Diabetes
 - Lung disease

What are the symptoms of COVID-19

- Shortness of Breath or respiratory issues
- Cough
- Fever- may be low grade.

All need to take actions to help reduce your risk of getting sick. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- **Take everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and **wash your hands often**.
- **Avoid crowds** as much as possible.
- **Avoid cruise travel** and non-essential air travel.
- **Stay home** as much as possible to further reduce your risk of being exposed.
- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged time.
- **If you cannot get out** to get extra medications, consider using mail-order for medications.

- **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home for a while.
- **IF YOU DO FEEL SICK-** call your Dr.'s office before you go in. Some will be able to do testing at their office. If they can, they will probably do a "drive by test" where you stay in your vehicle and they come out to you and take a swab/sample to have it tested.
- **If you are seriously ill**, with severe shortness of breath or high fever, call 911.
- **If you are sick or become infected**, you will need to isolate yourself from others for up to 14 days, so you do not infect others.
- **KEEP YOURSELF HEALTHY-** Eat right, exercise and getting enough sleep will help keep your body healthier if you do get the virus.

While we don't want folks to panic, please understand that the State and Town is limiting access or closing Town Halls, schools and other programs to help stop the spread of the virus. Check in at www.raymondmaine.org for updates.

DO YOU NEED HELP?

- ❖ With getting food or medications?
- ❖ Understanding what is going on?

Contact Raymond Town Hall at 655-4742 or

Cathy Gosselin, Town of Raymond Health Officer

at 756-2374 or cathy.gosselin@raymondmaine.org

3/15/2020