

# COVID-19 Guidelines

---

Have you experienced any of these symptoms in the last 14 days?

- Fever
  - Cough
  - Chills or repeated shaking with chills
  - Headache
  - New loss of taste or smell
  - Shortness of breath
  - Sore throat
  - Joint and Muscle Pain
- 

Have you been exposed to COVID-19?

- Do you live with, or are you caring for someone who is ill?
  - Exposure to a confirmed COVID-19 patient
  - Travelled to, reside, or work in a setting with community spread of COVID-19? (i.e., retirement or nursing home, jail or prison, etc)
- 

## Volunteers are expected to:

- Stay home when sick and contact the volunteer department if you have volunteered within the last 2 weeks
- Wash their hands frequently with soap and water for at least 20 seconds
- Stay a minimum of 6 feet away from others
- Wear a face mask over their nose and mouth

## Avoid:

- Physical contact with others (i.e. handshakes, hugs, etc)
- Tasks that require face-to-face work with others when possible
- Contact with high-touch surfaces such as door handles, counters, trash bins, etc.
- Travelling outside of Maine CDC guidelines

Thank you for keeping our community safe!