# 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!

https://www.gsfb.org/mainecovid/