

COVID -19 – UPDATES and INFORMATION

The Maine CDC has reported an increase in cases in York County over the past 2 weeks. The Town of Ogunquit is asking all residents and visitors to be **on their guard** and follow these guidelines.

Maine residents and visitors are required to **wear cloth face coverings** in public places where physical distancing is difficult to maintain, as recommended by the U.S. CDC and **ordered** by the Governor of Maine. The order identifies public settings as:

- Indoor spaces that are accessible to the public such as grocery stores, retail stores, pharmacies and healthcare facilities
- Outdoor spaces such as playgrounds, busy parking lots, and other areas such as lines for takeout service where the public typically gathers in a smaller area
- Public transportation such as a taxi, Uber, Lyft, ride-sharing or similar service
- Any semi-enclosed transit stop or waiting area

Simple steps to reduce the spread

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home while you're sick and avoid close contact with others

Signs and symptoms of COVID-19 include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle or body aches
- Headache

- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have been in contact with someone who has been tested positive for COVID-19 or are experiencing any of these symptoms, please call your local health care provider.

The Town of Ogunquit staff is actively contacting each restaurant, hotel, motel, Inn and lodging establishment to ensure that all CDC guidelines are being followed to protect the safety of the public.

CDC Disease reporting Contact Information:

- Phone: 1 - 800 - 821 - 5821 (24 hours a day)
- FAX: 1-800-293-7534 (24 hours a day)
- TTY: Maine relay 711 (24 hours a day)