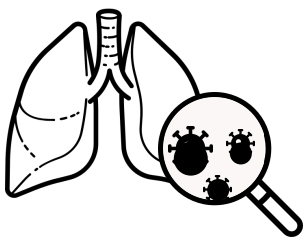


# Coronavirus Disease 2019 (COVID-19)



## Fact Sheet



Coronavirus Disease 2019 (COVID-19) is a respiratory illness. It is caused by a coronavirus. COVID-19 is common in the United States, including Maine.

## Common Symptoms



Fever or chills



Cough



Shortness of breath and trouble breathing



Headache



Fatigue or feeling very tired



Sore throat



Runny nose



Muscle or body aches

People with COVID-19 have a wide range of symptoms ranging from mild symptoms to severe illness. Other symptoms can include new loss of taste or smell, nausea or vomiting, and diarrhea. Symptoms can be different from person to person and may begin 2 to 14 days after exposure to the virus. Not everyone has symptoms.

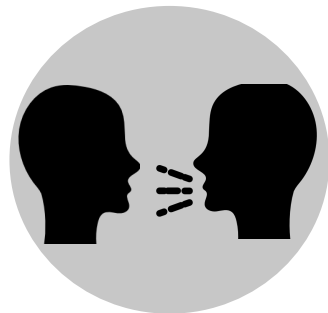
Some people are more likely than others to get very sick and need medical attention if they get COVID-19. This includes people who are older, have weakened immune systems, have certain disabilities, or have underlying health conditions.



Treatment is available for people who are more likely to get very sick from COVID-19.

Seek emergency medical attention if you have warning signs including confusion or change in mental status, chest pain or pressure, inability to wake or stay awake, and pale, grey, or blue-colored skin, lips, or nail beds. This list does not include all possible symptoms.

## Spread of COVID-19



COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus.

- Other people can breathe in these droplets and particles.
- These droplets and particles can land on a person's eyes, nose, or mouth.
- These droplets may contaminate the surfaces they touch.

Anyone infected with COVID-19 can spread it, even if they do **not** have symptoms. COVID-19 can even spread from people to animals in some situations.

## Prevention of COVID-19

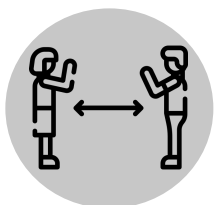
### Practice core prevention strategies:



- Stay up to date with COVID-19 vaccines.
- Wash your hands often with soap and water.



- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.



- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.

### When you are sick, protect others:



- Stay home.
- Cover your mouth and nose when coughing or sneezing.
- Avoid sharing cups and utensils with others.

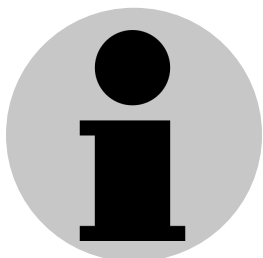


- Physically distance yourself from others.



- Wear a face covering around others. It should cover your nose and mouth.
- Get tested and seek treatment to shorten illness.

## For More Information, Visit:



1. [www.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/covid-19](http://www.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/covid-19)
2. [www.cdc.gov/respiratory-viruses/](http://www.cdc.gov/respiratory-viruses/)
3. [www.cdc.gov/covid/](http://www.cdc.gov/covid/)

You can also call Maine CDC at 1-800-821-5821.