



The Town of Boothbay Harbor Follows CDC Guidelines Regarding Coronavirus Precautions

The Town of Boothbay Harbor is actively monitoring guidance from the U.S. Center for Disease Control (CDC) and Maine's CDC regarding the Coronavirus COVID-19 preparations and precautions, and working closely with local and county agencies and businesses. The town is also releasing information to its employees to guide their interactions with the public.

As of March 4, 2020, Maine has no confirmed cases of COVID-19. The town encourages the public to visit the following links for accurate, up-to-date information:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Signs and symptoms of COVID-19 include fever and/or cough and difficulty breathing. Sore throat has also been reported in some patients. If you have these symptoms and did not recently travel to China or did not have contact with someone with 2019 Novel Coronavirus, it is likely to be a cold or the flu. As always during cold and flu season, if you are sick you should stay home, cover your coughs and sneezes, and wash your hands frequently.

Maine CDC continues comprehensive planning to ensure Maine is ready in the event the virus comes to our state. It is encouraged that people protect themselves by taking the same preventive measures that help avoid catching a cold. These include:

- Covering coughs and sneezes with a tissue and then throwing the tissue in the trash
- Washing hands often with soap and water and using an alcohol-based sanitizer in between washings.
- Avoiding close contact with people who are sick and avoiding touching your eyes, nose, and mouth with unwashed hands.


- Staying home if you are sick.
- Taking care of your health overall by staying current on your vaccinations, including the flu vaccine, eating well, getting a good night's sleep, and exercising.

If you have any questions about when or whether to seek care, please call your primary care provider.

If a case of COVID-19 is identified in our community, the town will work with local health officials to determine an appropriate response.

The Town of Boothbay Harbor will provide information updates as they become available. We are working towards ensuring that we are prepared and helping people stay calm.

Sincerely,

A handwritten signature in cursive script that reads "Julia E. Latter".

Julia E. Latter
Town Manager