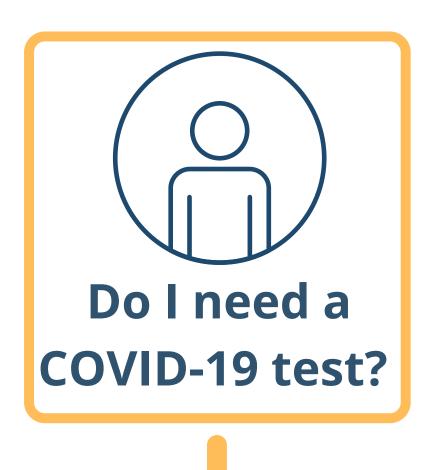
DO YOU HAVE COVID-19? DO YOU NEED SUPPORT?



- Have you been **exposed** to COVID-19?
- Do you have **symptoms**?
- Check **Maine's guidelines online** https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing

Remember to stay safe! Wear a mask, social distance, and wash your hands or use hand sanitizer



- Get tested at a testing site or a hospital
- You <u>must</u> isolate or quarantine until you get your results
- If you need support to stay home, ask for a referral to Community
 Care for Social Support Services
- The testing site will call or text you your test result



Community
Care for Social
Support
Services

You can ask your



What if my test is positive?

- The Maine CDC will **call you** and ask:
 - **Where** were you infected?
 - Do you have **symptoms**?
 - Who have you been in close contact with?
- They will call your close contacts to see if they have symptoms and need to quarantine or isolate.
- You must isolate, Maine CDC will tell you for how long
- They can help you access
 Community Care for Social
 Support Services

community
leader, doctor,
healthcare
provider, social
worker, school

nurse, <u>OR</u> the Maine CDC for support to isolate or quarantine.



Refer via email DHHS.covidsocialsupport@maine.gov or the online form (https://www.maine.gov/dhhs/form/covid-19-referral-form)









COVID-19 COMMUNITY CARE SUPPORT SERVICES



What are Community Care Social Supports?

Community Care Social Supports are services available to anyone who needs help to quarantine or isolate. Services are provided by local community organizations and they include:

- Food (groceries/cooked meals/food delivery)
- Cultural brokering and language services
- Health prevention and medical referrals
- Transport to testing centers, medical care centers and shelters
- Pickup of supplies and medications
- Mental health services
- Safe housing/shelter during isolation or quarantine
- Connection to more support services



When can I get support?

- You have **symptoms** of COVID-19 <u>OR</u>
- You are waiting for your test results <u>OR</u>
- You have a **positive COVID-19 test** OR
- You have been in **close contact** with someone who has COVID-19



How can I access these services?

- Your community leader, doctor, healthcare provider, social worker, school nurse, <u>OR</u> the Maine CDC can refer you for support
- With your consent, they can make a referral by emailing <u>DHHS.covidsocialsupports@maine.gov</u> or completing the online form

(https://www.maine.gov/dhhs/form/covid-19-referral-form)

Refer via email DHHS.covidsocialsupport@maine.gov or the online form (https://www.maine.gov/dhhs/form/covid-19-referral-form)







