

Attention residents and guests arriving in Cushing from COVID-19 affected areas- Please consider following the CDC's recommendations to self quarantine for 14 days even if you are feeling well (asymptomatic). The incubation period for the virus is currently estimated between 1-14 days. As you know we have many older residents in Cushing that are particularly vulnerable to this virus. If there is anything we can do to assist you while you self quarantine please call or email the town office.

A Special message to our older residents- If during this time of heightened vulnerability you feel you need additional assistance with groceries or other errands/tasks please feel free to call or email the town office and we will try to assist you.

HOW TO PREVENT CORONAVIRUS COVID-19 INFECTIONS IN CUSHING

- 1. SELF DISTANCE** keep at 6 feet from any person when out of doors, at work, or when shopping. This the first line of defense.
- 2. YOUNG PEOPLE MUST FOLLOW THE SAME SELF DISTANCING RULES** because young people may carry the virus and not show any symptoms. They could unintentionally infect others in their community.
- 3. SELF ISOLATE** if you are experiencing symptoms such as scratchy throat, dry cough, fever, or sudden loss of taste or smell.
- 4. SELF QUARANTINE** if you are infected with the coronavirus. Seek medical help by first calling your doctor for further instructions. To protect the medical staff, do not appear unannounced at their office.
- 5. WASH YOUR HANDS** with soap for twenty seconds, and only then rinse under running water.
- 6. COUGH OR SNEEZE INTO YOUR ELBOW**, if using tissues, dispose of them immediately. Wash your hands after using tissues.
- 7. WIPE DOWN OFTEN-TOUCHED SURFACES AND DOOR KNOBS** with disinfectant or alcohol.
- 8. KEEP IN TOUCH BY PHONE, EMAIL, SKYPE OR FACETIME** with family, friends, and neighbors.
- 9. FOR UP TO DATE INFORMATION FROM THE MAINE CENTER FOR DISEASE CONTROL AND PREVENTION**, use this website:
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

10. WE ASK YOU TO TAKE CARE OF YOURSELF, YOUR FAMILY, AND OUR CUSHING COMMUNITY.

Thank you.

Town of Cushing Selectboard