



Keep Maine Healthy Health Ambassador

MODULE FOUR: LOCAL HEALTH CARE RESOURCES AND
INFORMATION TO SHARE WITH VISITORS

Module Four

In the first three modules you completed the overview of your role as a **Health Ambassador for the Keep Maine Healthy Program**; training in Covid-19 symptoms and best practices for helping the public stay healthy; and use of Keep Maine Healthy – Health Ambassador public engagement practices.

Reference materials for Keep Maine Healthy – Health Ambassadors is presented in **Module 4**

WHERE TO GO FOR COVID-19 TESTING

- ▶ **Here are 5 medical facilities in 10 Maine locations where someone can go for COVID 19 testing**
 - ▶ [CVS Pharmacy: Augusta](#)
 - ▶ [Get Tested for COVID-19 at Convenient MD](#)
 - ▶ [Clear Choice MD Urgent Care - Scarborough](#)
 - ▶ [Penobscot Community Health Care \(PCHC\) – Locations:](#)
 - ▶ [AFC \(American Family Care\) – S. Portland: COVID-19 Testing](#)

WHERE TO GO FOR COVID-19 ANTIBODY TESTING

- ▶ **This medical facility offers COVID 19 antibody testing**
 - ▶ [AFC \(American Family Care\) – S. Portland: COVID-19 Antibody Testing](#)

Coronavirus (COVID19)

▶ **CENTERS FOR DISEASE CONTROL AND PREVENTION – CDC**

▶ LEARN MORE ABOUT CORONAVIRUS

- ▶ HOW TO PROTECT YOURSELF
- ▶ WHAT TO DO IF YOU ARE SICK
- ▶ SYMPTOMS
- ▶ CASES IN THE US
- ▶ SOCIAL DISTANCING
- ▶ DECIDING TO GO OUT
- ▶ TESTING FOR COVID-19

Keep Maine Healthy

Protecting Maine People and
Tourists Amidst COVID-19

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Keep Maine Healthy

Restarting Maine's Economy

Keep Maine Healthy

- ▶ Plan to Protect Maine People, Visitors, & Support Small Businesses During Tourism Season

Keep Maine Healthy

- ▶ Maine Department of Economic & Community Development – COVID 19 Checklists (for business)

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

PREVENT GETTING SICK

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

HOW COVID-19 SPREADS

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

PROTECT YOURSELF

- ▶ How to protect yourself and others

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

SOCIAL DISTANCING

- ▶ How to protect yourself and others

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

CLOTH FACE COVERS

Use of Cloth Face Coverings to Help Slow the
Spread of COVID-19

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

ABOUT CLOTH FACE COVERINGS

Wear Cloth Face Coverings

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

ABOUT CLOTH FACE COVERINGS

How to Wear Cloth Face Coverings

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

ABOUT CLOTH FACE COVERINGS

How to Wash Cloth Face Coverings

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus -2019 (COVID 19)**

ABOUT CLOTH FACE COVERINGS

[How to Make Cloth Face Coverings](#)

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus 2-2019 (COVID 19)**

WHEN TO WEAR GLOVES

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- ▶ **Centers for Disease Control and Prevention –
Coronavirus 2-2019 (COVID 19)**

CLEANING AND DISINFECTING YOUR HOME

Keep Maine Healthy

- ▶ **Centers for Disease Control and Prevention –
Coronavirus 2-2019 (COVID 19)**

FREQUENTLY ASKED QUESTIONS

PORTLAND REGIONAL CHAMBER OF
COMMERCE

**Let's Be
Kind**

**DOING BUSINESS DIFFERENTLY
HELPS KEEP MAINE SAFE.**

LET'S BE KIND – PORTLAND REGIONAL CHAMBER OF COMMERCE

DOING BUSINESS DIFFERENTLY HELPS KEEP MAINE SAFE

[Learn More about the “Let’s Be Kind” Campaign HERE](#)

American Sign Language (ASL) Video Series – COVID 19

- ▶ [ASL Video Series: How does COVID-19 Spread?](#)
- ▶ [ASL Video: Social Distancing](#)
- ▶ [ASL Video Series: Use the Coronavirus Self Checker to Help Decide When to Call a Doctor](#)
- ▶ [ASL Video Series: Caring for Someone at Home Who May Have COVID-19](#)
- ▶ [ASL Video Series: Use of Cloth Face Coverings to Help Slow the Spread of COVID -19](#)
- ▶ [ASL Video Series: What You Need to Know About Handwashing](#)
- ▶ [ASL Video Series: Do Your Part to Slow the Spread](#)