

## YCCAC Coronavirus Preparedness and Response FAQs

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**Where can I find current, reliable information about coronavirus (officially named COVID-19)?**

Here is a link to the Federal CDC Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics>

Here is a link to the Maine CDC Fact Sheet <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-FS.pdf>

For additional information, visit the Maine or federal CDC web sites:

- Maine CDC: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>
- Federal CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**What are the symptoms of coronavirus?**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

**How does the virus spread?**

The virus appears to spread in similar ways to influenza (flu) and the common cold. This may include spreading through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

The virus can spread from person-to-person and in some locations there is apparent community spread, meaning some people are infected and are not sure how or where they became infected.

Find out more about how COVID-19 spreads.

**How is coronavirus impacting people?**

Most people who get coronavirus can recuperate at home.

The CDC has identified certain individuals who are at higher risk of developing serious COVID-19 illness, such as older people and people of all ages with severe underlying health conditions (like heart disease, lung disease and diabetes).

Find more information here: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

### What steps can I take to prevent getting the illness?

- Clean your hands often
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick
- Cover coughs and sneezes
- Stay home if you are sick:
- Clean and disinfect frequently touched surfaces daily.

For more details, check here: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

**NOTE:** Older adults and people who have severe underlying chronic medical conditions should consult with their health care provider about additional steps they may be able to take to protect themselves. See question above.

For more details check here: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

### When should I wear a facemask?

Beginning May 1st, Stage 1 of the plan to restart Maine's economy went into effect.

**This plan requires Maine people to wear cloth face covering in public settings where physical distancing measures are difficult to maintain.**

Cloth face coverings should fit snugly, but comfortably, against the side of the face; use ties or ear loops to secure it in place; include multiple layers of fabric; and allow for breathing without restriction.

Children younger than 2 years old and others who cannot remove a cloth face covering by themselves should not wear them.

Federal CDC <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

### What steps has YCCAC taken to respond to coronavirus?

Based on guidance from state and federal health authorities and our experience, YCCAC has created a Coronavirus Preparedness and Response Plan. The Plan includes sections on education, hygiene, staff wellness, client wellness, and business continuity, among others. The Plan is a living document and will be revised as we learn more about the virus and our response. A summary of the Plan will be made available in the coming days.

### Who should I ask if I have questions about YCCAC's Preparedness and Response Plan?

We have created a Coronavirus Response Group that has developed our Preparedness and Response Plan. Several of us are available to respond to any questions you may have:

- Jen Quimby will be acting as our lead Staff Contact Person for our coronavirus preparation and response.
- Missy will of course remain the contact for any HR-specific questions.
- If you have Department or program-specific questions, please start with your supervisor.
- In addition, Carter and I will always be available to answer any questions.

Please feel free to call, email or knock on the doors of any of the above people.

### How Can I Help?

Continue to take the steps we have been taking:

- engage in good hygiene and cleanliness:
- stay at home if you don't feel well;
- wash your hands frequently;
- avoid shaking hands; cover coughs and sneezes;
- use a tissue when you blow our nose and put the tissue in the trash;
- avoid touching your eyes, nose and mouth; and
- maintain social distancing (6 feet) with anyone who is sneezing or coughing.

Also, please help stop rumors and misinformation in the community and here at YCCAC.

- Please share the information in this FAQs if you get questions.
- If you hear something you think is inaccurate or sounds wrong, please correct it or seek out the right information.
- And if you have any questions, please don't hesitate to ask the people listed in the answer above.

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