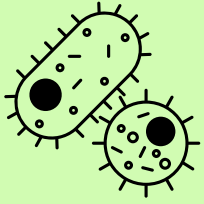


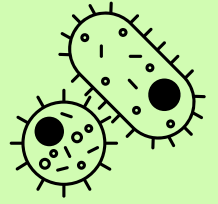


COVID BEST PRACTICE

**MAINE
ACCESS
POINTS**



COVID-19



Masking:

The latest CDC guidance on masking was released in April 2022. Current guidelines are dependent on whether you are in a low, medium, or high risk area AND if you are at elevated risk from underlying conditions such as: heart disease, A.D.H.D., Asthma, etc...

**You can find out if you have a condition that puts you at increased risk and if you are in an area with low, medium, or high risk of COVID transmission by visiting www.cdc.gov

Masking Recommendations from the CDC:

- **Low Risk County:** it is about your own preference of whether you want to mask or not. If you do decide to wear a mask, pick a well fitting mask either N95 or KN95
- **Medium Risk County:** If Immunocompromised or at high risk for severe illness talk to your healthcare provider. If not you should still consider wearing a mask and/or prior testing if you plan to be indoors with someone who is immunocompromised and the rest of the time it is your preference whether to mask or not.
- **High Risk County:** Whether vaccinated or not it is recommended that you wear a well fitting mask (N95 or KN95 are best) when indoors including while riding on public transportation.

**Note: Regardless of what level of risk you face, it is recommended to wear a well fitting mask (N95 or KN95) if you have symptoms consistent with COVID-19.



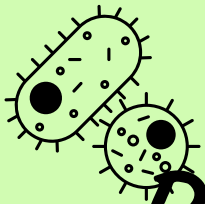
How to Sanitize Your Used N95 or KN95 Mask



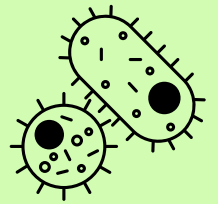
Yes we're serious. Put the N95 Mask (with the outside of the mask facing down) in a Small Paper Bag in a DRY area for 24-48 hours.

*Note: you do not want the bag to be so big that the mask can move around inside of it.

If the mask gets ripped or soiled it should be replaced



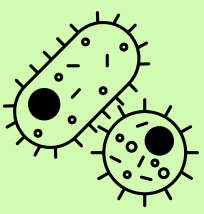
COVID-19



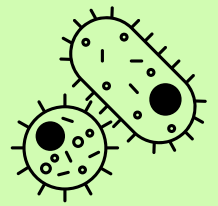
Responding to an Overdose & Protecting Oneself from Covid

During & after responding to an overdose you should follow these steps to minimize transmission of Covid-19:

- You can give or get Covid-19 by giving rescue breaths. There aren't any current studies on exposure to Covid-19 and giving CPR, but given how COVID is transmitted we can deduce that there is some benefit to using CPR barriers (which MAP does provide).
- If someone at the scene is already a close contact to the person overdosing (living together/around each other a lot) then that person should be the one that does the rescue breathing, if able.
- Attempt sternum rubs and tilting the person's head back to open the airway and try to promote breathing before starting rescue breathing. If the person is still not breathing or is turning blue then start rescue breaths. It is ultimately up to you whether or not you give rescue breaths, but brain damage can occur if the brain is lacking oxygen for too long (as quickly as 3-5 minutes). **If there is a cut like Xylazine or a Benzo, then rescue breathing could be that much more important.
- After responding to the overdose wash your clothes with hot water.
- Isolate if you are able and wear a well-fitting mask (N95 or KN95) when around others for at least 14 days if no symptoms develop.
- If symptoms develop (listed on pg. 2) follow these steps: Isolate, after 5 days take a test, an at home rapid test or a PCR test (through your doctor/testing site). If the at home test is negative you should still get a PCR test to confirm, and continue to isolate until you get your results back.

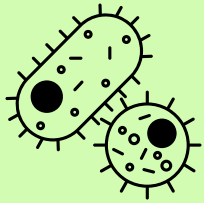


COVID-19

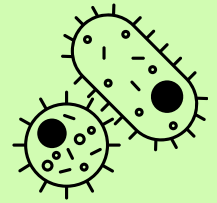


Tips to Reduce Covid Transmission For People Who Use Drugs

- If you can, please don't share pipes, bongs, vapes, joints, nasal tubes (for inhaling/snorting), or any injecting equipment including sterile water.
- Stock up on equipment needed to use your substance of choice and get enough to last for 3-4 weeks if possible (longer if you are high risk for infection & programs can handle it).
- Wipe down drug packages with alcohol based cleansers.
- If people that provide to you carry packages in their mouth, ask them if they can change it up for safety.
- Remember that anti-bacterial washes don't kill viruses but can be better than nothing.
- Prepare your drugs yourself.
- Wash your hands with soap for at least 20 seconds (sing Happy Birthday), paper towels are best to really dry. **If you don't have access to water in the moment, you can use hand sanitizer with 60% alcohol or higher.
- COVER YOUR MOUTH when you cough or sneeze (even through a mask and then change your mask).
- Get Vaccinated & Boosted if you are able (to find a vaccination site near you visit: www.vaccines.gov)



COVID-19



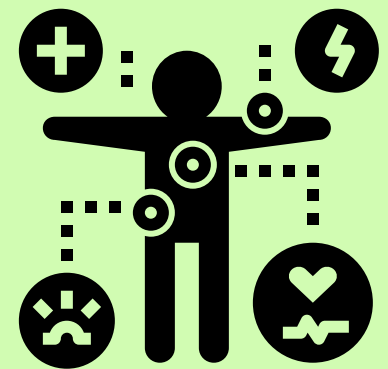
Symptoms:

Symptoms may appear 2-4 days after exposure. You may experience:

- Fever
- Chills
- Sore Throat
- Body/Muscle Aches
- Loss of Taste/Smell
- Trouble Breathing
- Cough
- Vomiting
- Diarrhea
- Fatigue
- Headache
- Congestion or Runny Nose

Emergency Symptoms to watch for:

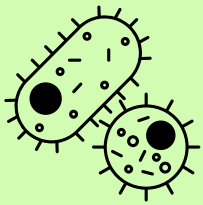
- Trouble Breathing
- Pressure/Tightness in Chest
- New confusion
- Inability to wake or stay awake
- Pale, blue, or gray lips, Skin, or Nail Beds



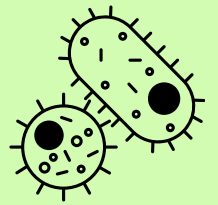
Tips to Avoid Getting Covid-19:

- Avoid close contact with people that are sick;
- Wash hands often for at least 20 Seconds or use hand sanitizer that is at least 60% Alcohol;
- Cover your cough or sneeze with a tissue or cough/sneeze into the bend of your elbow;
- Refrain from touching eyes, nose, or mouth;
- Get vaccinated & boosted if you are able (to find a vaccination site near you visit: www.vaccines.gov);
- Wear gloves and a well-fitting mask if helping someone who is sick.

You could have some, none, or all of these symptoms. This is not an exhaustive list



COVID-19



All About Testing (Pt. 1)

Covid-19 tests test for SARS-COV2 or biomarkers of SARS-COV2, the virus that causes Covid-19. There are also tests that detect antibodies of SARS-COV2 indicating if you have been previously infected with Covid-19 or had a Covid-19 Vaccine.

Different Kinds of Tests:

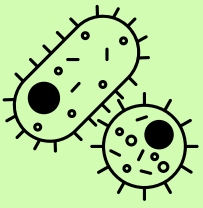
- Viral Test: tells you if you currently have Covid-19. Antigen Tests and PCR Tests, Rapid Point of Care Tests are all Viral Tests.
- Antibody Test: (AKA Serology Tests) detect antibodies to SARS-COV2 in your blood. Antibodies are proteins that your immune system makes to help fight infection and protect you from getting sick in the future.

Antibody tests are not currently recommended for determining:

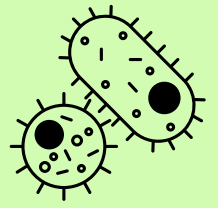
- If you have a current infection;
- If you have previously had Covid-19;
- If you need a booster;
- Whether you need to quarantine.

Reasons to Get Tested:

- You have Symptoms of Covid-19;
- You've been exposed to someone with Covid-19;
- You are going to a gathering that could put people at risk;
- When traveling;
- If you are contemplating if you should test, then you probably should get tested.



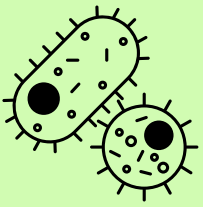
COVID-19



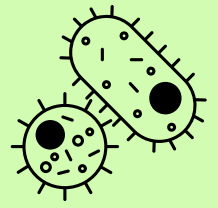
All About Testing (Pt. 2)

Best Practices When Testing at Home:

- At-home tests are not the Gold Standard. The more often you test the better. For example, if you are having symptoms and test the 1st or 2nd day you may not have enough of a "viral load" to trigger the test as positive, so you would want to wait a couple of days (while continuing to isolate) and retest in 48 hours.
- If testing to attend a gathering you should use 2 at-home tests-the first test should be taken 24 hours prior to the event and take the 2nd test as close to the event as you can (ie in the car).
- Read the instructions carefully and follow them exactly for best results. Some tests have different preparation instructions and different timing requirements.
- If after reading the instructions you are confused, there are videos of how to do an at home Covid test on YouTube. Just check to make sure you are looking up a video for the test (and brand) you are using. Different tests require different prep.
- You should follow up an at home test with a PCR test if things aren't adding up. For instance, if you have symptoms and had an exposure but are still testing negative then you would want to follow up with a PCR test.
- If you do test reactive/positive for Covid, you do not need to retest to exit isolation. You could continue to test positive on PCR and Rapid at-home tests for 90 days even though it is not contagious after about 10 days.

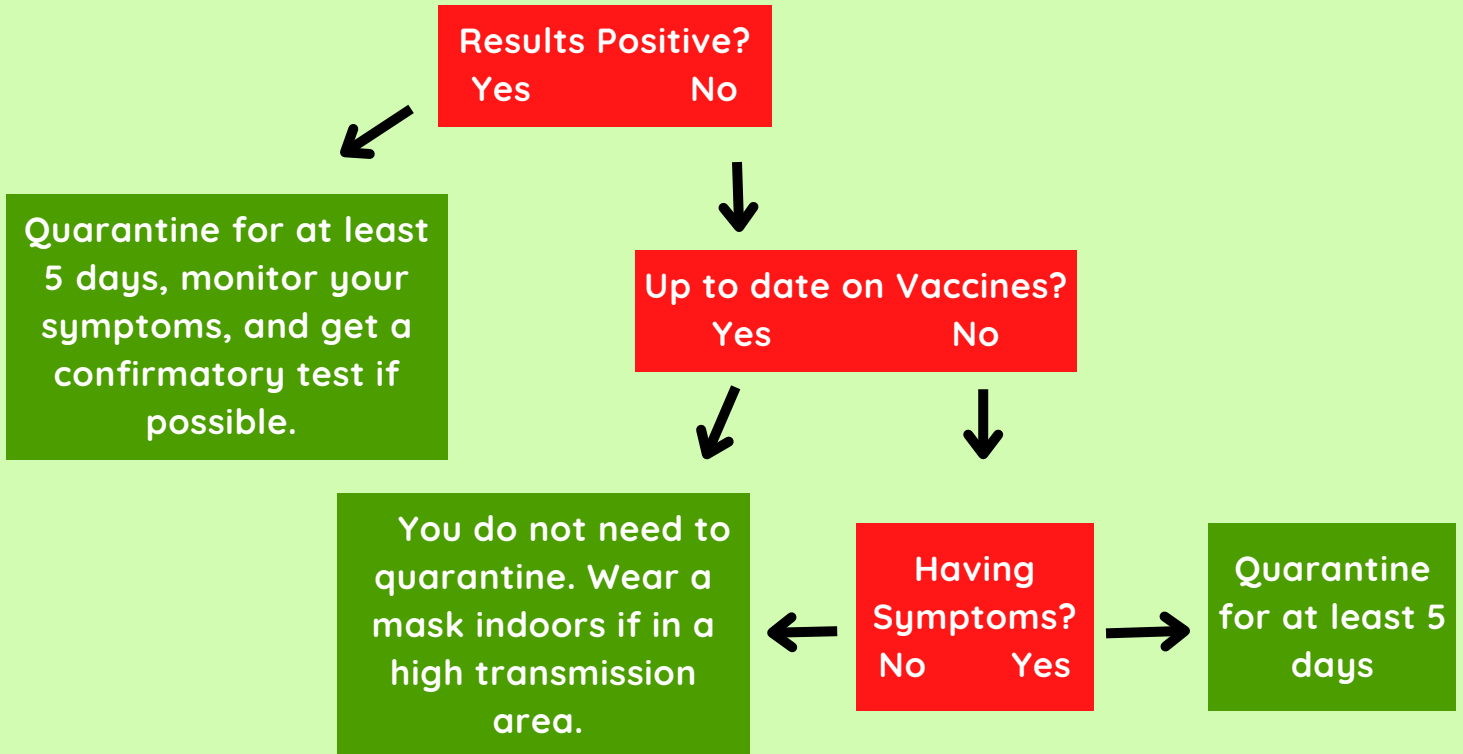


COVID-19



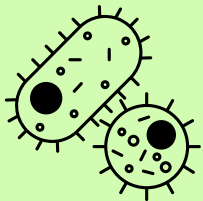
All About Testing (Pt. 3)

After Testing for Covid-19:

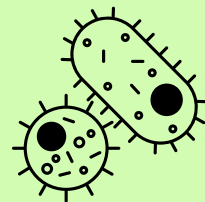


Where to Get Covid Tests:

- MaineCare members and parents of children covered by CubCare can obtain free at-home test kits at retail pharmacies that accept MaineCare. To use MaineCare benefits you must check out at the pharmacy counter with proof of MaineCare or CubCare coverage.
- Free at-home test kits are available at most federally qualified health centers. Contact your local health center for more information.
- Maine residents can order one (1) free kit with five (5) at-home rapid tests per household through DHHS' partnership with The Rockefeller Foundation's Project Access COVID Tests (Project ACT) program at: accesscovidtests.org/
- Federally, every household in the US is now eligible to receive their 3rd set of 8 free tests at www.covidtests.gov



COVID-19



What to do If You Test Reactive/Positive for Covid

If you do test Reactive (Positive) for Covid-19 here are some tips to help you to do your best to stay safe:

- Pick a 'sick room' and a 'sick bathroom' if possible;
- Keep your laundry separate from everyone else's in the home;
- Avoid having visitors;
- Have others in the house track their health;
- **Stay Home & Quarantine for 5 days** after known exposure or after the onset of symptoms whichever happens later. Then for the next 5 days (following quarantine) it is recommended that you wear a tight-fitting mask around others (even if you are in a county with low transmission)
- **Get Tested with a PCR test or At-Home test 5 days after known exposure.** If symptoms develop you should wait until at least 2-3 days after onset to test.
- If symptoms develop and you do not test Reactive/Positive on the At-Home test, you should get a PCR test through your doctor (or testing location) to confirm that it is truly negative/nonreactive.

Even if symptoms are mild, take the same precautions!