



October 30, 2020

Dear Members of the YWCA Central Maine Community,

This letter is to inform you that a patron of the YWCA recently tested positive for Coronavirus Disease 2019 (COVID-19). We are informing you out of an abundance of caution.

We are taking every precaution and following all state and federal CDC guidelines to help protect the health and well-being of our employees, members and community. All affected or exposed employees and/or patrons have been notified. The facility has also been cleaned and sanitized since the exposure.

COVID-19 is a respiratory illness that ranges from mild to severe. It can be more severe in adults 60 years and older and those with underlying conditions. The virus mainly spreads when an infected person coughs or sneezes and uninfected person breathes in the virus. Signs and symptoms include: 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, and diarrhea.

Maine CDC recommends prevention measures to prevent the spread of COVID-19. These measures include proper handwashing with soap and warm water, which is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When soap and water is not available use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands and avoid close contact with people who are sick. Cover your cough or sneeze into a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For general COVID-19 questions, dial 211 (or 1-866-811-5695). You can also text your ZIP to 898—211 or email [info@211maine.org](mailto:info@211maine.org) [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

For updated COVID-19 information and announcements please continue to follow

**YWCA IS ON A MISSION**

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[ywcamaine.org](http://ywcamaine.org)

us on social media and visit [www.ywcamaine.org](http://www.ywcamaine.org). In the meantime, please stay healthy.

Sincerely,



Melanie LaMore Gagnon

Executive Director

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