

For Parents Guidelines from National PTA and CDC

Model proper behavior. Wear your mask and wash hands often.

Check your child's temperature each morning. If over 100.4, keep child home.

If your child has any flu symptoms, keep him or her home.

Identify your school contact person for questions about Covid-19.

Make sure your child is up to date with vaccinations.

Review proper handwashing and ways to wear a mask.

Pack hand sanitizer.

Pack water bottles. School water fountains will be off limits.

Did you know NEAAO offers student tutoring services? Go to www.neaa.org or call 207-347-0249



Where to go/ Who to call

Portland Free Testing Sites:

Northern Light Mercy Hospital
175 Fore River Pkwy.
844-489-1822
Appointment required

Convenient MD Urgent Care
191 Marignal Way
207-517-3838
No appointment needed

Walgreens/Rite Aid
701 Forest Ave.
207-780-8144
Appointment required

CVS
111 Auburn Street
207-797-3393
Appointment required

For resources across Portland
call 2-1-1 Maine

For Food

Wayside Food Programs
Sites around Portland
207-775-4939

Mental Health Crisis Lines

1-888-568-1112
1-800-464-5767



Safe and Healthy Portland



المطر القليل يمنع غالباً العاصفة القوية

Covid-19

Covid-19 is contagious virus that currently has no cure and no preventive vaccine.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue; weakness
- Muscle or body aches
- New loss of smell or taste
- Nausea or vomiting
- Discoloration of toes
- Sore throat
- Congestion or runny nose
- Diarrhea

Seek medical attention if any of these warning signs are present:

- Trouble breathing
- Pain and pressure in the chest
- Sudden confusion
- Inability to stay awake
- Bluish lips or face



If you have any Covid-19 symptoms
DO NOT GO TO THE HOSPITAL.

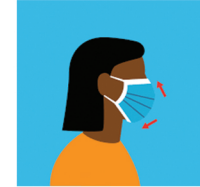
Call your primary care physician. If you do not have a physician, call Greater Portland Health 207-874-2141

Report any severe symptoms to Portland Public Health 207-874-8633

Let's keep Portland safe and healthy!



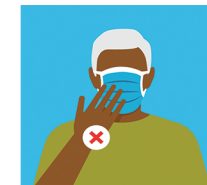
Take these steps



Wear a mask that covers nose and mouth. *Throw away after use if disposable.*



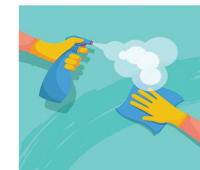
Wash hands often
Keep soaping and rinsing for at least 20 seconds



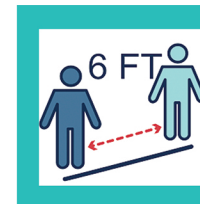
Don't touch your face
without washing your hands or using sanitizer



Use hand sanitizer
Sanitize after touching items outside the home and brought into the home



Regularly wipe down surfaces with strong disinfectant or bleach



Social Distance
Stay at least 6 feet apart
Kiss and hug with your heart while keeping apart.