



Waldo County General Hospital Belfast Public Health Nursing Association

Covid Vaccines and Booster:

1. Both Maine Health (Waldo County General Hospital) and Seaport (PCHC) Providers are seeing their own patient's
2. If you **do not** have a provider –
 - a. Waldo County General hospital walk in – 505-4567 **for 1st dose only-not booster**
 - b. PCHC walk in care 338-6900
 - c. Maine Covid Vaccination Sites - 1-888-445-4111 or 211 OR Maine Covid Vaccination sites
 - d. Augusta Armory- 1/4 (9am -4), 1/6 (12pm-7pm), 1/8 (9am-4pm)
3. Most retail pharmacy like Walgreens, Belfast Drug and Hannaford.
 - a. Walgreens - Walgreens.com\schedule vaccine or call 338-6844
 - b. Hannaford - Hannaford.com or 338-1918
 - c. Belfast Drug – 338-0441 - **Next one is January 14th from 9am-noon**
Walk in clinic only
 - d. Walmart, Sam's,
4. Keep an eye out in the newspapers, facebook and news for Pop up clinic –
 - a. Pop up have been all around the state

Every Covid needs an appointment time made so either schedule it on line or by phone

Covid Testing

Waldo County General Hospital Respiratory Center – 505-3040

Seaport (PCHC - 338-6900

Walgreens – Covid testing

Home test are available

If you are experiencing Covid Symptoms please Isolate as directed by the CDC



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Most common symptoms include:

- Fever
- Dry cough
- Tiredness

Less common symptoms:

- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- a rash on skin, or discoloration of fingers or toes

Serious symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

People who test positive for COVID-19 should isolate for five days — instead of the previously recommended 10 days. * If they are asymptomatic(No symptoms)

If you do not have symptoms after five days, you can leave isolation so long as you continue to wear a mask when around other people for an additional five days. If you still have a fever after five days, you should stay home until fever free for 24 hours.

These guidelines apply to everyone, regardless of vaccination status.

Why have CDC isolation guidelines changed to 5 days instead of 10?

The latest research shows that most COVID-19 transmission occurs shortly after someone contracts the virus. The virus is most contagious during the one to two days prior to the onset of symptoms and the first few days after symptoms develop, if you:



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Do I still need to quarantine if I had an exposure to someone who tested positive?

It depends

You do not need to quarantine after exposure and can instead wear a mask around other for 10 days if you:

Received both doses of the Pfizer or Moderna vaccine within the last six months.

Received the single-dose Johnson & Johnson vaccine within the last two months.

Have received a COVID-19 vaccine booster.

You should stay home for five days and wear a mask around others for another five days if you:

Received the Pfizer or Moderna vaccine more than six months ago and have not been boosted.

Received the Johnson & Johnson vaccine more than two months ago and have not been boosted.

Are unvaccinated.

Everyone should get tested five days after exposure. If you develop symptoms, stay home and get tested as soon as symptoms start.

Do I have to test negative before coming out of isolation?

According to the new CDC guidance, it's not necessary to test negative before returning to your daily routine, so long as you stay isolated for five days or until your symptoms subside and you no longer have a fever. And you wear a mask for another 5 days when around other people. (When test positive: isolate for 5 days and if significantly reduced signs / symptom free and fever free for 24hours you may come out of isolation on day 6 AND CDC wants you to continue to wear a mask around others for an additional 5 days.) However, some epidemiologists disagree with the new guidelines because it is possible for people to stay infectious for longer than five days.

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