



Coronavirus/COVID-19 Guidance March 11, 2020

The outbreak of Coronavirus, also known as COVID-19, continues to grow both in the United States and internationally. While Maine CDC reports that the risk here is low, there are currently 72 cases in Massachusetts and it could come to Maine at any time.

Symptoms: People with Coronavirus often have mild to severe respiratory illness with fever, cough, and shortness of breath.

How it Spreads: Coronavirus spreads mainly between people in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. A person may also get the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly eyes; but this may not be the main way it spreads.

What You Should Do To Stay Healthy:

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Stay home when you are sick. If you or someone in your family becomes ill, or a school is closed and you need to stay home, please notify your immediate supervisor and contact the Human Resources Office for information on your leave options.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Coughing or sneezing into your elbow is also effective.
5. Clean and disinfect touched surfaces (like touch screens, phones & desks) using a regular household cleaning spray or wipes. MTA will provide cleaning supplies to all locations.
6. Wash your hands often with soap and water for at least 20 seconds. The virus is enveloped in a bubble of oily molecules that fall apart on contact with soap. Wash your hands especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
7. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. MTA will provide hand sanitizer to all locations. If hands are visibly dirty, always wash with soap & water.
8. Toll collectors are strongly encouraged to use nitrile gloves to handle cash and to frequently clean their MLT's.

For Questions: Please contact Cecile Champagne-Thompson at ext. 108 or Lauren Carrier at ext. 123 in Human Resources.

And please remember, the best way to avoid getting infected with the Coronavirus and other viruses is to wash your hands with soap & water, avoid touching your face, keep your distance from sick people, and regularly clean the surfaces you touch.