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## **Maine Records Second and Third Deaths of Individuals Who Tested Positive for COVID-19**

March 30, 2020  
Human Services

**AUGUSTA** – The Maine Center for Disease Control and Prevention (Maine CDC) today reported the second and third deaths of individuals who tested positive for the disease caused by the 2019 novel coronavirus (COVID-19). The individuals were a woman in her 80s from Cumberland County and a man in his 60s from Cumberland County. Both individuals were hospitalized at the time of their deaths. Due to privacy laws, Maine CDC is limited in releasing further details.

The first death of an individual in Maine who tested positive for COVID-19 was [reported](#) on Friday. That individual was a man in his 80s from Cumberland County.

Symptoms of COVID-19 include fever, shortness of breath, and lower respiratory distress. Individuals who exhibit those symptoms are advised to contact medical providers before going to a health care facility. Medical providers can diagnose COVID-19 based on their patients' symptoms and make determinations about who should be tested.

Maine people can protect their health by taking the same preventive measures that help to avoid catching a cold: Wash your hands often for 20 seconds. Cover coughs and sneezes. Stay home if you are sick. In Maine and nationwide, the public is advised to adhere to physical distancing guidelines, which include avoiding crowds, staying 6 feet away from others, not shaking hands or hugging, and using phones or other media to chat with friends and loved ones rather than meeting face to face.

The Maine CDC has reported 253 positive tests for COVID-19. Of those 253 patients, 45 have been hospitalized and 41 have recovered.

**Dr. Nirav D. Shah**, Director of the Maine CDC, will brief the media and answer questions about COVID-19 at 11:30 a.m. Monday.

### **For more information**

- Contact 211 Maine for answers to frequently asked questions on COVID-19: Dial 211 (or 1-866-811-5695)
- Email [info@211maine.org](mailto:info@211maine.org)
- Visit [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus).