

Important information about COVID-19

I GOT
MY COVID-19
VACCINE!



We are all looking forward to resuming normal life post-pandemic. To help towards this goal, the U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone who is eligible to get a COVID-19 vaccine do so.

For information on how and where to get a vaccine, you can:

- Visit [vaccines.gov](https://www.vaccines.gov) (English) or [vacunas.gov](https://www.vacunas.gov) (Spanish) to search and find a vaccine near you.
- **Text your ZIP code** to 438-829 for English or to 822-862 for Spanish to receive three vaccine sites on your phone within seconds.
- Call the National COVID-19 Vaccination Assistance Hotline at **800.232.0233** for those who prefer to get information via phone call.

For up to date CDC guidance on precautions for both inside and outside activities, please visit the CDC's Choosing Safer Activities website at [cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html).

We're here to help



Melody M., Customer Care Representative

We understand the financial burden that the COVID-19 pandemic has had on families and communities across the country. If you are struggling to make utility payments, we have resources available to help.

Funding through Maine's **Emergency Rental Assistance Program** is now available if you rent your home, apartment, or the lot that your home is on and need assistance with your electric bill. For more information about the program please visit mainehousing.org.

Please visit cmpco.com/HelpWithBill to learn about our assistance programs and services available to help you manage your energy bills and reduce your energy costs. Or call us at **800.750.4000** Monday through Friday from 7:30 a.m. to 6 p.m. to speak with a Customer Care representative about your options.

Other resources: Call **800.452.4668** or visit mainehousing.org/programs-services/energy/liheap



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