

More information

Healthy Voting


Up-to-date information on healthy voting options in Maine is available at HealthyVoting.org/Maine


Maine elections office

Visit the official elections website for links to:

- Track your absentee ballot
- Register to vote or update your registration
- Find voting locations near you
- Contact your county elections office

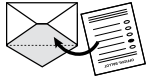
 maine.gov/sos/cec/elec/

 (207) 624-7736

 Healthy Voting is a non-partisan project of Healthy Democracy Healthy People in partnership with the Center for Tech and Civic Life, the Center for Civic Design, Vot-ER, American Public Health Association, and the National Association of County and City Health Officials.

Ways to vote in Maine

Vote by mail with an absentee ballot

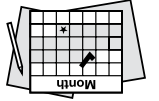


All registered voters can request an absentee ballot.

The deadline to request a ballot is November 3. The Postal Service recommends requesting a ballot as soon as possible, no later than October 19.

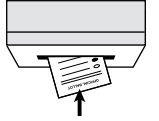
Deadline to return your ballot
Election Day, November 8 by 8:00 pm. All ballots must be delivered to the elections office by this time. Postmarks don't count!

Vote early



From October 11 through November 3, you can cast an absentee ballot in your clerk's office. Same-day registration is available at all early voting locations.

Vote in person on Election Day



Polling places are open on Election Day. Find a location near you at your elections website. Same-day registration is available at all Election Day voting locations.

Important dates

November 8 is the deadline to register.



Register to vote or update your address by November 8.

November 8 is Election Day



Polling places open between 6:00 am and 10:00 am and close at 8:00 pm. Exact times are set by local elections offices.

Find a location near you at your elections website.

Same-day registration is available at all Election Day voting locations.

Avoid the lines! Voting locations are usually less busy in the mid-morning or early afternoon.

Return your ballot if you haven't done so already:

- At your elections office.

Healthy Voting

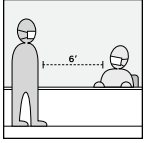
Vote for your health and your community

Maine

General Election
November 8, 2022

HealthyVoting.org/Maine

What is healthy voting?



Did you know that communities who vote at higher rates have better health? That's because voting is one way you exercise your voice on decisions that affect your health, and the health of your family and neighbors.

You have options for how you vote, depending on the rules in your state. Your state also sets deadlines for mail and early voting, as well as voting hours on Election Day.

This guide recommends some safe practices for protecting yourself from infectious diseases such as colds, flu, and coronavirus during the November 2022 general election.

Safe practices include: getting vaccinated and boosted, keeping physical distance, washing hands, and wearing a mask to protect yourself and others. Our guidance is based on advice from leading public health experts as well as the latest updates to state election law.

How voting in person works



Voting in person usually means going to a voting center where there will be other people. You sign in with an election official. You get a ballot. You go to a private place (a voting booth) to fill out your ballot.

Voting centers also have accessible voting systems and language access options.

Many states offer early voting – days before Election Day when you can go in person and vote. To find out if your state has early voting (and what days that will be), check with your local election officials.

- If your state says that you must show an ID, be sure to bring it with you.
- If you can, go when the voting center will not be as busy, usually mid-morning or early-afternoon. Early voting is usually less crowded than voting on Election Day.

How voting by mail works



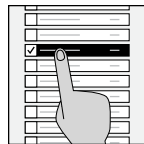
Voting by mail is a healthy option because you vote at home. You get a ballot in the mail, fill it out, sign and seal the ballot envelope, and return it through the mail or at a secure drop box.

- Some states require other people to sign your ballot envelope as a witness.
- Some states require a copy of your driver's license or Social Security number.
- You may be able to use your phone to take a photo of your ID.

Make sure your ballot counts! Remember...

- Be sure to sign the declaration on the return envelope.
- Seal inner and outer envelopes.
- Put enough postage on the envelope.
- Closely follow all instructions to ensure your ballot is counted.

Accessible voting



All in-person voting centers must have at least one accessible voting system.

- If you need assistance voting, you can ask an election worker or you can bring someone with you to help.
- If you can, go when the voting center will not be as busy, usually mid-morning or early-afternoon.
- Use curbside or drive-through voting if available.
- You can bring your own headphones to use with the accessible system.

Maine has an accessible vote-by-mail program that allows voters with disabilities to receive and mark a mail-in ballot electronically.

Be sure to check with your local elections office for information about how to use the accessible voting by mail program and information about additional options for dropping off your ballot.

For more information:
healthyvoting.org/maine/voting-accessibly