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## INTERPRETATION OF COVID-19 TEST RESULTS FOR TRAVELERS TO MAINE

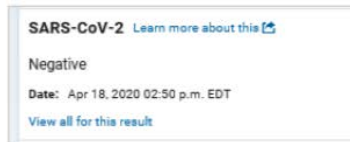
### I. Introduction

This document is intended to assist individuals who may be traveling to the State of Maine with interpreting their laboratory tests for SARS-CoV-2, the virus that causes COVID-19. Pursuant to a recent Executive Order from Governor Janet Mills, individuals must attest to having received a negative test for COVID-19 on a specimen taken within 48 hours of their arrival.

Presently, there are three kinds of tests commonly available for COVID-19: molecular tests, antigen tests, and [antibody tests](#). Molecular tests include PCR-based methods, as well as antigen tests. Molecular and antigen tests both can tell you if you have a current infection. An antibody test tells you whether you may have had a previous infection. An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. It is not yet known whether having antibodies to the virus that causes COVID-19 can protect someone from getting infected with the virus again, or how long that protection might last. **As a result, the State of Maine requires either a molecular or antigen test prior to arrival or upon arrival with an agreement to quarantine pending test results.** A negative antibody test is not acceptable at this time. A point-of-care test such as that performed on the ID NOW machine may also be used, although the PCR test is preferred.

### II. Examples of Potential Negative Test Results

The following screenshots provide examples of what your test result may display if your test is negative. If you are in doubt as to whether your test result is truly negative, please contact your health care provider for clarification before traveling to Maine.



### III. Actions Based on Molecular or Antigen Test Results

| Result   | Interpretation   | Recommended Action  |
|----------|--|---|
| Positive | Most likely you DO currently have an active COVID-19 infection and can give the virus to others. | You may <u>not</u> travel to Maine. Instead, stay home and follow CDC guidance on steps to take if you feel sick. Consult with your health care provider for specific guidance.<br><br>If you are a healthcare or critical infrastructure worker, notify your employer of your test result. |
| Negative | Most likely you DO NOT currently have an active COVID-19 infection.                              | Provided your test was done on a sample taken within 48 hours of arrival, you may travel to Maine.<br><br>However, even with a negative result, you may still be “incubating” the virus. Therefore, if you have   |

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|  | symptoms, you may NOT travel to Maine. Instead, you should keep monitoring symptoms and seek medical advice about staying home and if you need to get tested again. |
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**If you test negative for COVID-19 by a molecular or antigen test**, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. A negative test result means that the virus that causes COVID-19 was not found in your sample. If you are experiencing symptoms of COVID-19 (*e.g.*, cough, fever, shortness of breath, muscle aches, etc.), do not travel to Maine even if your COVID-19 test was negative. And if you develop symptoms of COVID-19 during your stay in Maine, either remain in your place of lodging or return home.