

# Maine CDC Health Update

February 2, 2021

The Maine Center for Disease Control and Prevention (Maine CDC) is providing the following updates and clarifications to the [January 27, 2021, HAN regarding quarantine and testing for COVID-19](#).

## I. Quarantine

- Quarantine is a minimum of 10 days in Maine, though many businesses and facilities opt for a 14-day quarantine period.
- There is no separate quarantine guidance for hospitals. Facilities certified under federal CMS will be surveyed using current U.S. CDC guidance, which utilizes a 14-day quarantine period.
- Maine CDC is aware that the U.S. CDC is reevaluating quarantine guidance for individuals who have completed a COVID-19 vaccination series.
- Maine CDC, along with many other state health departments, has removed the requirement to quarantine after a known exposure for individuals who have completed the COVID-19 vaccine series and are asymptomatic.
- This guidance does not apply to residents of other states who are traveling to Maine or to Maine residents who are returning to travel from other states. They must still quarantine or receive a negative test.

## II. Testing

- This guidance applies to individuals being tested who are either symptomatic or who have had a known exposure.
- Individuals who tested positive do not need to be retested for at least 90 days.
  - If extenuating circumstances require retesting within 90 days, a positive result does not reset the timeframe.
  - The 90-day timeframe starts on the date of the first positive test (antigen or NAAT).
- Individuals with new symptoms who test positive within the 90-day period will need to isolate for at least 10 days.
  - This new positive result does reset the 90-day clock.
- Symptomatic individuals should be tested regardless of vaccine status or past history of infection.

## III. Close Contacts

- The definition of a close contact is not intended to redefine the risk exposure for health care workers regarding quarantine recommendations.
- Close contacts should ideally be tested at day 0 and days 5-7 from the date of exposure.
  - The purpose of testing during quarantine is to quickly identify asymptomatic COVID cases.
  - As part of a federal effort to expand testing and more quickly identify asymptomatic cases, the U.S. CDC issued new guidance on January 21, 2021 stating that “Depending on case burden and available resources, close contacts should be tested immediately after identification as a contact, and if negative, could be tested again about 5-7 days after last exposure or immediately if symptoms develop during quarantine.” See <https://www.cdc.gov/coronavirus/2019-ncov/php/open-america/expanded-screening-testing.html>