Recommendations for Businesses with COVID-19 Positive Individuals:

Maine CDC may not follow up individually with every person who tests positive in Maine. Please follow these recommendations for positive COVID-19 cases:

- COVID-19 positive individuals must self-isolate at home, regardless of vaccination status.
  - If the positive case is not already at home, they need to go home immediately and isolate. They cannot go out to any public places (grocery store, gas station, bank, etc.). For instructions on how to isolate, see “What is isolation?”
  - The positive individual cannot leave isolation until they meet the criteria listed in “When can I leave isolation?”
  - Work with the individual directly to determine when they can leave isolation and return to work.

- Maine CDC does not recommend that employers require a negative test to return to work for individuals who test positive.

- The positive individual should notify their contacts of the possible exposures. Find information and guidance for individuals who have been exposed here: https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html.
  - If contacts are healthcare workers, they should work with their employer using this guidance from US CDC to determine their requirements: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html.

- Support is available for people in COVID-19 isolation. This could include temporary help including food and supplies, interpretation, cultural brokering, and psychosocial support. Find the referral form here: www.maine.gov/dhhs/form/covid-19-referral-form.

- Testing
  - Individuals who have symptoms as well as individuals who have been exposed to COVID-19 are recommended to get a COVID-19 test. Find more information about testing and testing sites here: www.maine.gov/covid19/testing.

- Treatment
  - There are several highly effective drugs available to treat COVID-19 that can help you recover faster and stay out of the hospital. All treatments should be started within the first 5-7 days after COVID-19 symptoms begin. COVID-19 treatments need to be prescribed by a healthcare provider. Find more information about COVID-19 treatment here: https://www.maine.gov/covid19/treatment.

COVID-19: What Is Isolation?

Who Should Isolate:
- Someone who tested positive for COVID-19, regardless of vaccination status.
- Someone who is experiencing COVID-19 symptoms, regardless of vaccination status, until they receive a negative test.

How to Isolate:
- Stay home from the time you first developed symptoms or when you had your first positive test (if asymptomatic).
  - You cannot have visitors.
- Ideally you should have zero contact with anyone else, including household members.
  - If you cannot isolate completely in your house, practice social distancing and other prevention measures as much as possible.
- You cannot go out in public (example: work, grocery stores, banks, gas stations, beaches, or parks).
  - If you need supplies, someone can drop them at your door while you remain inside with the door closed.
- You can leave isolation for necessary and emergency medical care. Please call ahead and let the facility know that you are COVID-19 positive or experiencing symptoms.

When to Leave Isolation:
- You can leave isolation when you meet the criteria in https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html
- If you are a healthcare worker, work with your employer to determine what you should do.

For more information, visit: www.maine.gov/dhhs/coronavirus
**When can I leave isolation?**

<table>
<thead>
<tr>
<th>What kind of symptoms do you have?</th>
<th>You can leave isolation when:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I did not have symptoms</strong> at any time.</td>
<td>You can leave isolation on Day 6.*</td>
</tr>
</tbody>
</table>
| **I had mild illness** (fever, cough, sore throat, tiredness, loss of taste and smell, head and body aches). | You can leave isolation on Day 6 if:  
  • You are fever-free for 24 hours (without fever-reducing medication), **AND**  
  • Your symptoms are improved.* |
| **I had moderate illness** (shortness of breath or difficulty breathing). | You can leave isolation on Day 11 if:  
  • You are fever-free for 24 hours (without fever-reducing medication), **AND**  
  • Your symptoms are improved.* |
| **I had severe illness** (was in the hospital) or I have a weakened immune system. | Stay in isolation until at least Day 11. Talk to your healthcare provider about when you can leave isolation. Only leave isolation if:  
  • You are fever-free for 24 hours (without fever-reducing medication), **AND**  
  • Your symptoms are improved.* |

*Masking* - After you end isolation, continue to wear a mask around other people until Day 11 OR:

If you have **no symptoms or mild illness** and access to antigen tests, you may be able to remove your mask sooner.
- Starting on Day 6, if you take two antigen tests in a row, spaced 48 hours apart, **and both are negative**, you can remove your mask.
- If your antigen test is positive, you may still be infectious. Keep wearing your mask until you have two negative tests in a row 48 hours apart (even Day 11 or later).