# Ending COVID-19 Isolation in Non-Healthcare Settings

<table>
<thead>
<tr>
<th>If you tested positive for COVID-19 and:</th>
<th>You can leave your “sick room” and home when:</th>
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</table>
| Had COVID-19 symptoms and are caring for yourself at home: | ✓ At least 10 days passed since your symptoms first appeared,  
AND  
✓ Had no fever for at least 3 days (72 hours of no fever without the use of medicine that reduces fever),  
AND  
✓ Other respiratory symptoms are improved (example: cough or shortness of breath are improved). |
| Never had any symptoms and are caring for yourself at home: | ✓ At least 10 days passed since the date of your first positive COVID-19 diagnostic test,  
AND  
✓ You continue to have no symptoms (example: no cough or shortness of breath) since the test. |

Maine CDC must release you from isolation prior to leaving your “sick room” and home.