I've tested positive for COVID-19. Now what?

Regardless of vaccination status: Isolate except to seek medical treatment.

Stay home for 5 days.

No symptoms, or resolving symptoms?

If you have no symptoms, or your symptoms are resolving – including no fever for at least 24 hours without medication – and you've isolated for 5 days, you can leave your house.

Did you take an antigen test on day 5?

Yes. No.

If positive: Continue to isolate for another 5 days.

If negative: Continue to wear a mask around others until 10 days post infection.

Worsening or persistent symptoms?

Stay home until you have no symptoms or your symptoms are resolving AND until 24 hours after your fever resolves without the use of medications, THEN you can leave your home. For questions about your symptoms: Call your healthcare provider.

Early treatment can be instrumental in preventing severe disease. Even if your symptoms are mild, seek treatment from your provider or a "test & treat" facility. More info: maine.gov/covid19/treatment

For more information, please see the U.S. CDC FAQ on this guidance.