

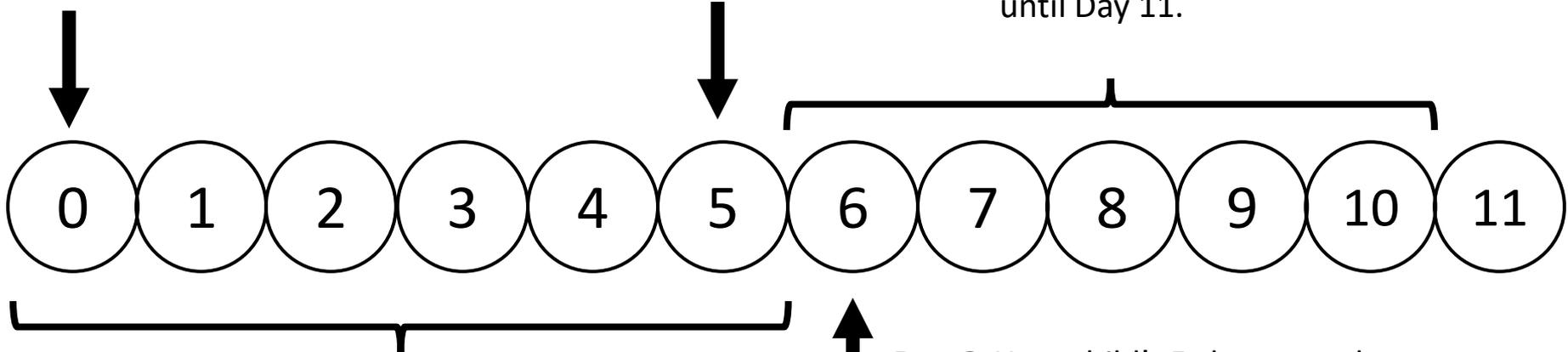
COVID-19 Ongoing Exposure: What if you live with your close contacts?

No Symptoms (Asymptomatic) Scenario: You tested positive for COVID-19 but never developed any symptoms. You care for your 10-year-old unvaccinated child, and you cannot fully isolate from them at home. How long does your child need to quarantine?

Day 0: You test positive. Start isolating.

Day 5: If you do not develop symptoms, you can leave isolation on Day 6.

Day 6-10: You must wear a face mask anytime you are around other people until Day 11.



Days 0-5: Your child should quarantine while you isolate.

Day 6: Your child's 5-day countdown begins for quarantine. Your child can leave quarantine on Day 11 if they are asymptomatic.

Note: Your school or workplace may have modified requirements.

Visit www.maine.gov/dhhs/coronavirus for more information.



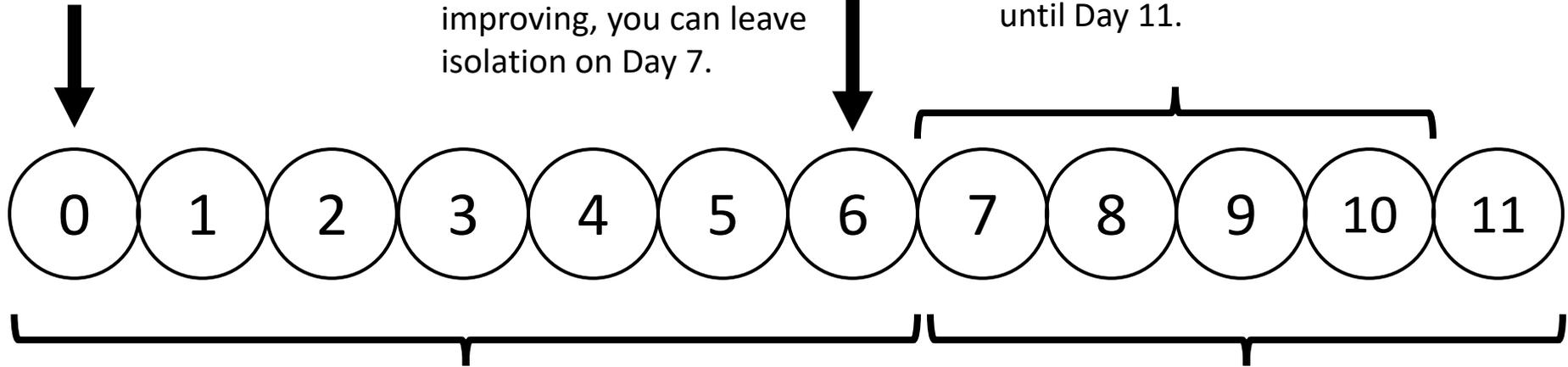
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Symptomatic Scenario: You became sick with COVID-19 and tested positive, but you are fever-free and feeling better by Day 6 of isolation. You care for your 10-year-old unvaccinated child, and you cannot fully isolate from them at home. How long does your child need to quarantine?

Day 0: Your symptoms start. Start isolating.

Day 6: If you are fever-free for 24 hours (without using medication) and your symptoms are improving, you can leave isolation on Day 7.

Day 7-10: You must wear a face mask anytime you are around other people until Day 11.



Days 0-6: Your child should quarantine while you isolate.

Day 7-11: Your child's 5-day quarantine countdown starts the day after you leave isolation. Your child can leave quarantine on Day 12 if they are asymptomatic.

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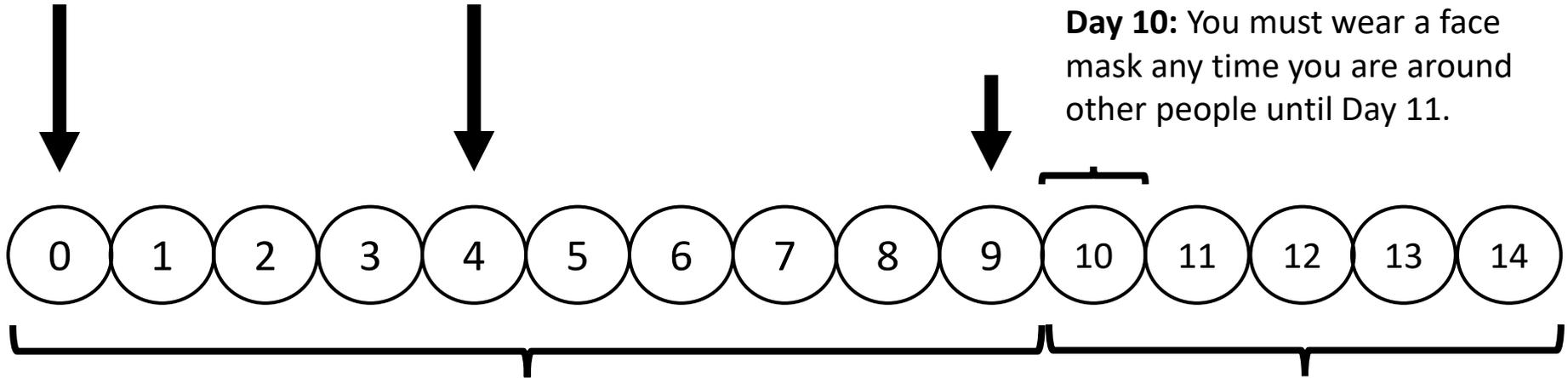
Becoming Symptomatic Scenario: You tested positive for COVID-19, but then develop symptoms on Day 4 of your isolation. You care for your 10-year-old unvaccinated child, and you cannot fully isolate from them at home. How long does your child need to quarantine?

Day 0: You test positive. Start isolating.

Day 4: You start to feel sick. Your isolation countdown starts over.

Day 9: If you are fever-free for 24 hours (without using medication) and your symptoms are improving, you can leave isolation on Day 10.

Day 10: You must wear a face mask any time you are around other people until Day 11.



Days 0-9: Your child should quarantine while you isolate.

Day 10-14: Your child's 5-day quarantine countdown starts the day after you leave isolation. Your child can leave quarantine on Day 15 if they are asymptomatic.

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