

## Recommendations for Daycare/Childcare Facilities with COVID-19 Positive Staff or Children:

Maine CDC may not follow up individually with every person who tests positive in Maine. Maine CDC is also no longer providing release from isolation and release from quarantine letters. Please follow these recommendations for positive COVID-19 cases:

- COVID-19 positive individuals must self-isolate at home. 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.). Follow the instructions in **“What is isolation?”** on page 2.
- The positive individual cannot leave isolation until they meet the criteria listed in **“Release from isolation criteria”** on page 3.
- Action items for the childcare facility are detailed in the document **“Childcare: What if a child or staff member tests positive?”** on page 4.
- Close contacts to the positive individual need to quarantine, including household members.
  - The positive individual should notify their close contacts of the exposure and that they need to quarantine.
  - A close contact is anyone within 6 feet of the positive individual for 15 cumulative minutes or more over a 24-hour period. This starts 48 hours before their symptoms started (or before their positive test was taken if they are asymptomatic).
  - If the positive individual is not completely isolated from other people in their household, then household contacts must remain in quarantine until 10 days after the positive case is released from isolation.
  - Follow the guidance in **“What is quarantine?”** on page 5.
  - Household members and other close contacts can leave quarantine when they meet the criteria listed in **“Ending Quarantine”** on page 6.
- If you have questions about who is allowed at the daycare/childcare facility, please see the document **“Childcare: Who can be in my facility?”** on page 7.
- Support is available for people in COVID-19 isolation and quarantine. This could include temporary help ranging from food, shelter, income and rent, to interpretation, cultural brokering, and psychosocial support.
  - For more information on the types of services available, visit <https://www.maine.gov/dhhs/coronavirus-resources/support-for-isolation-quarantine>.
  - The person requesting assistance can fill out the form for themselves, or another person can fill the form on their behalf.
  - Find the referral form here: <https://www.maine.gov/dhhs/form/covid-19-referral-form>.
- The Office of Child and Family Services (OCFS) has guidance available for Maine Child Care Providers. Please go to the **“Child Care Licensing”** dropdown and click the most recent version titled **“Updated Guidance for Maine Child Care Providers”** on this page: <https://www.maine.gov/dhhs/ocfs/COVID-19-response.shtml>.
- Maine CDC recommends that symptomatic individuals and close contacts get tested. Close contacts should get tested immediately upon finding out they are a close contact and 5-7 days after

exposure. A negative test does not allow the close contact to leave quarantine early. Follow the recommendations in “**Where can I get tested for COVID-19 in Maine?**” on page 8.

- Maine CDC developed a document of frequently asked questions that daycares/childcare facilities are welcome to use to answer any questions: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/frequently-asked-questions.pdf>.

# COVID-19: Isolation

## Who Should Isolate:



- Someone who tested positive for COVID-19.



- Someone who is experiencing COVID-19 symptoms.

## What Does Isolation Mean:



- **For someone who tested positive for COVID-19:** Stay home until you meet the criteria for release from isolation.
- **For symptomatic individuals:** Stay home for 10 days from the start of symptoms with the exception of seeking medical care and testing. Please call before going to see a healthcare provider and let them know you are symptomatic.



- Ideally you should have zero contact with anyone else, including household members.
  - If you cannot isolate completely, you should still practice social distancing and other prevention measures as much as possible.
  - Being unable to completely isolate from your household members means that they will need to remain in quarantine for 10 days after you leave isolation. Then they need to monitor for symptoms for 4 more days.



- You cannot have visitors.



- 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 and provider know that you are COVID-19 positive or experiencing symptoms.



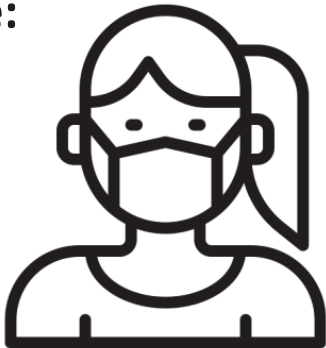
# Ending COVID-19 Isolation in Non-Healthcare Settings

If you tested positive for COVID-19 and:

Had COVID-19 symptoms and are caring for yourself at home:



Never had any symptoms and are caring for yourself at home:



You can leave your “sick room” and home when:

- ✓ At least 10 days passed since your symptoms first appeared,  
**AND**
  - ✓ Had no fever for at least 1 day (24 hours of no fever without the use of medicine that reduces fever),  
**AND**
  - ✓ Other symptoms are improved (example: cough or shortness of breath).
- 
- ✓ 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.

**You must meet the above criteria prior to leaving your “sick room” and home.**



# Childcare: What if a child or staff member tests positive?

# 1

## Guidance for cleaning.

- Clean and disinfect your facility according to Childcare Licensing guidelines.<sup>1</sup>
- Closing your facility may not be necessary, provided you can maintain staffing needs while following guidance.

# 2

## Be ready to work with Maine CDC to gather important information.

- Maine CDC investigators may reach out if the child or staff member was at your facility during their infectious period.<sup>2</sup>
- They will collect information on:
  - The last date the person was at the facility.
  - A list of people who may have had close contact<sup>3</sup> with the child or staff member.
- Maine CDC recommends that close contacts quarantine for 10 days from the last exposure, then monitor for symptoms for 4 more days.

# 3

## Notify staff and parents.

- Notify families and staff about the potential exposure. Let all close contacts know that they need to quarantine.
- You must maintain the confidentiality of the positive person during this notification process.
- Maine CDC recommends that close contacts get tested 5-7 days after exposure.
- Contact your childcare licensing specialist.
- If you call Maine CDC to report the case, please provide the name and date of birth of the positive individual.

# 4

## Work with families and staff for return to your facility.

- Maine CDC does not recommend that you require proof of a negative test for children or staff to return to your facility.
- Once an infected person meets the criteria for release from isolation, they are no longer considered infectious.

**For more information and resources, visit: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)**

1: Find updated Childcare Licensing guidance here: <https://www.maine.gov/dhhs/ocfs/COVID-19-response.shtml>

2: The infectious period starts up to 2 days prior to symptom onset (or when the positive specimen was collected if asymptomatic) and lasts until symptoms are resolved (or until 10 days have passed if asymptomatic).

3: A close contact is someone who has been within 6 feet of a COVID-19 case for 15 minutes or more in a 24-hour period.

# COVID-19: Quarantine

## Who Should Quarantine:



- Someone who had close contact with someone who has COVID-19



- Travelers from non-exempt states or returning from international travel



- Someone who is awaiting test results

## What Does Quarantine Mean:



- **For someone who had close contact:** Stay home for 10 days after your last contact with someone who has COVID-19, then monitor for symptoms for 4 more days. A negative test result does not get you out of quarantine.
- **For travelers:** Stay home for 10 days upon entering Maine then continue to monitor for symptoms for an additional 4 days OR stay home until you receive a negative PCR or antigen test result.
- **For someone awaiting test results:** If negative, then you can leave quarantine 24 hours after symptoms resolve. If positive, then you will need to go into isolation.



- Check your temperature twice a day and monitor for symptoms.



- You cannot have visitors.



- You cannot go out in public (ex: 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 quarantine for necessary and emergency medical care. If you are symptomatic, please call ahead.



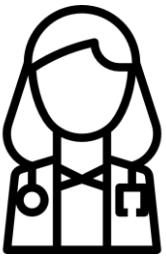
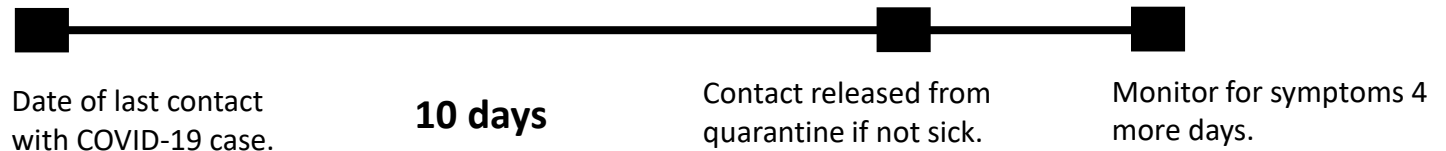
# Ending Quarantine and Return to Work if You Are Exposed to a COVID-19 Case



**Household Contact: Self-quarantine and monitor for symptoms** while COVID-19 case is home sick. Once case is released from isolation, quarantine for 10 additional days, then continue to monitor for symptoms for 4 days.



**Non-Household Contact: Self-quarantine and monitor for symptoms** until 10 days after the date of last contact. Continue to monitor for symptoms for 4 more days.



**Healthcare Personnel:** Asymptomatic healthcare personnel should self-quarantine for 14 days if the healthcare facility can function without them. If the facility would close without them, they can continue to work as long as they:

- Are not sick.
- Monitor for symptoms.
- Follow quarantine guidelines outside of work.
- Wear a mask.
- Keep a 6-foot distance as much as possible.



**Critical Infrastructure:** Personnel considered critical infrastructure workers by US CDC may continue to work following potential exposure if they do not have any symptoms and take additional precautions prior to and during their work shift. Follow US CDC recommendations for [critical infrastructure workers \(non-healthcare\)](#).

# Childcare: Who can be in my facility?



## ...is a close contact<sup>1</sup> of a COVID-19 case.

## ...tested positive for COVID-19.

### A child in my program...

- The child should quarantine at home for 10 days from last exposure, then monitor for symptoms for 4 more days.
- You do not need to take further action.
- Maine CDC recommends all close contacts<sup>1</sup> be tested for COVID-19 5-7 days after their exposure.

- The child should isolate at home until they meet criteria to leave isolation.<sup>2</sup>
- If the child was at your facility while infectious,<sup>3</sup> create a list of staff and children who were close contacts.<sup>1</sup>
- Clean according to Childcare Licensing guidance.<sup>4</sup>

### A household member of a child in my program...

- You do not need to take any further action.
- If the household member becomes symptomatic, the child should quarantine and should not come to your facility.

- The child should quarantine at home for 10 days past when the household member leaves isolation,<sup>2</sup> then monitor for symptoms for 4 more days.
- You do not need to take further action unless the household member was in your facility while infectious.<sup>3</sup> If so, follow the same guidance for child testing positive, above.

### A staff member...

- The staff member should quarantine at home for 10 days from last exposure, then monitor for symptoms for 4 more days.
- You do not need to take further action.
- Maine CDC recommends all close contacts<sup>1</sup> be tested for COVID-19 5-7 days after their exposure.

- The staff member should isolate at home until they meet criteria to leave isolation.<sup>2</sup>
- If the staff member was at your facility while infectious,<sup>3</sup> create a list of staff and children who were close contacts.<sup>1</sup>
- Clean according to Childcare Licensing guidance.<sup>4</sup>

**For more information and resources, visit: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)**

1: A close contact is someone who has been within 6 feet of a COVID-19 case for 15 minutes or more in a 24-hour period.

2: Find release from isolation guidance here: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-Discontinuation-of-Isolation.pdf>

3. The infectious period starts up to 2 days prior to symptom onset (or when the positive specimen was collected if asymptomatic) and lasts until symptoms resolve (or until 10 days have passed if asymptomatic).

4. Find updated Childcare Licensing guidance here: <https://www.maine.gov/dhhs/ocfs/COVID-19-response.shtml>



# Where can I get tested for COVID-19 in Maine?

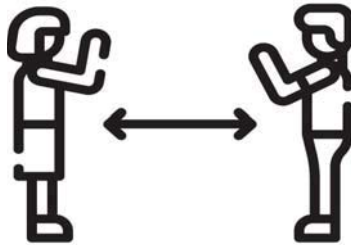
## I have symptoms that could be COVID-19.

- Call your healthcare provider to discuss options.
- Your provider will direct you to a COVID-19 testing site if recommended.
- If you do not have or cannot easily connect with a healthcare provider, please go to any state-sponsored testing site for free.
- If your symptoms get worse, seek care at an urgent care clinic or hospital emergency department.



## I do not have symptoms, but I traveled or am a close contact to a person with COVID-19.

- Call your healthcare provider to discuss options.
- If they are unable to test you, please go to a state-sponsored testing site for free.
- Please call ahead to verify that the testing site can test individuals who do not have symptoms.



## I do not fit either of these categories. Should I get tested?

- Maine CDC does not recommend testing for asymptomatic individuals who are not close contacts or did not recently travel.



To find state-sponsored testing sites, visit:

[www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing](http://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing)

To find other testing sites in Maine, visit: <https://get-tested-covid19.org/>



For more information visit: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)