

This document provides Maine CDC’s guidance for situations where someone in a child care program, including staff, volunteers, service providers, household members in home-based programs, and any other person who has contact with children in your care, is exposed to COVID-19 through a close contact **or** tests positive for the virus that causes COVID-19. This guidance is an update to previous communication on the Maine CDC website from January 20, 2022.

A. Isolation

Isolation is the process of separating individuals who are infected with COVID-19 from others. It is for anyone who has COVID-19, and for those who are suspected of having COVID-19 because of the symptoms they exhibit. Isolation helps prevent the spread the virus to others.

As used in this document, a COVID-19 “test” refers to both PCR and antigen-based tests. Table 1 provides guidance on who should isolate following COVID-19 infection.

Table 1: Isolation Guidance For Child Care Settings

<p>If positive for COVID-19 or symptomatic, regardless of vaccination status</p>	<p>Stay home for at least 5 days and <u>isolate</u> from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p>	<p>Ending isolation if you had symptoms:</p> <p><u>End isolation after 5 full days</u> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p>Ending isolation if you did NOT have symptoms</p> <p><u>End isolation after at least 5 full days</u> after your positive test.</p> <p>If you were severely ill</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home, at child care, or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>	<p>If you cannot wear a well-fitted mask:</p> <p>End isolation after 10 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving)</p>
---	--	--	---	---

		<p>with COVID-19 or immune-compromised You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>		
--	--	--	--	--

For home-based programs, if any person (provider, staff, household member) is isolating in the home, they must be completely separated from the childcare program while it is operating. If complete separation is not possible, the program may not have any unrelated children in care.

B. Quarantine

Quarantine is process of separating individuals who were in close contact with someone who tested positive or had symptoms of COVID-19. Quarantine prevents transmission of COVID-19 by keeping people who have been in [close contact](#) with someone with COVID-19 apart from others. Table 2 provides guidance on who should quarantine following exposure to COVID-19.

Table 2: Quarantine Guidance For Child Care Settings (Table 2 assumes that the exposed individual is able to wear a well-fitted mask unless otherwise specified.)

<p>If exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations</p>	<p>Quarantine for at least 5 days</p> <p>Stay home Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.</p> <p>Get tested We encourage you to get tested, even if you don't develop symptoms, get tested at least 5 days after you last had close contact</p>	<p>After quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home, at child care, or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
--	---	--	--

	with someone with COVID-19.		
If exposed to COVID-19 and are up-to-date on COVID-19 vaccinations	<p>No quarantine You do not need to stay home unless you develop symptoms.</p> <p>Get tested We encourage you to get tested, even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home, at child care, or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
If exposed to COVID-19 and tested positive for COVID-19 within the past 90 days	<p>No quarantine You do not need to stay home unless you develop symptoms.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home, at child care, or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
If exposed to COVID-19	Quarantine for at least 10 days	Watch for symptoms Watch for symptoms until 10 days after you last	Take precautions until day 10

<p>AND CANNOT wear a well-fitted mask, regardless of vaccination status or previous COVID-19 infection</p>	<p>Stay home Stay home and quarantine for at least 10 full days.</p> <p>Get tested We encourage you to get tested, even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>had close contact with someone with COVID-19.</p> <p>If you develop symptoms: Isolate immediately and get tested. Continue to stay home until you know the results.</p>	<p>Avoid travel</p> <p>Avoid going to public places and being around people who are at high risk</p>
---	--	--	--

For home-based programs, if any person (provider, staff, household member) is quarantining in the home, they must be completely separated from the child care program while it is operating. If complete separation is not possible, the program may not have any unrelated children in care.