Recommendations for Congregate Living Facilities with COVID-19 Positive Individuals:

Maine CDC may not follow up individually with every person who tests positive in Maine. Please follow these recommendations for positive COVID-19 cases:

- COVID-19 positive healthcare workers should work with their employers or workplace contact (occupational health, etc.) to determine their isolation and return-to-work requirements using this guidance: [www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html).

- If directed to isolate, the healthcare worker must self-isolate at home, regardless of vaccination status.
  - 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.). For instructions on how to isolate, see “What is isolation?”
  - General isolation guidance can be found in the isolation flow chart, “I tested positive for COVID-19. Now what?”
  - Non-healthcare workers can leave isolation when they meet the criteria listed in “Ending COVID-19 Isolation in Non-Healthcare Settings”
  - Work with the individual directly to determine when they can leave isolation and return to work.

- Follow guidance from Maine CDC’s Healthcare Associated Infections Program and the Center for Medicare & Medicaid Services (CMS) to respond to a COVID-positive resident or staff in the facility: [www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml).

- Close contacts of the positive individual may need to quarantine, including household members.
  - The positive individual should notify their close contacts of the exposure.
  - A close contact is:
    - Anyone the positive person was within 6 feet of 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).
    - Anyone who provides care at home to someone who is sick with COVID-19.
    - Anyone who had direct physical contact with an infectious person (example: hugging/kissing).
    - Anyone who shared eating or drinking utensils with the positive person.
    - Anyone who was exposed to respiratory droplets from an infectious person (example: sneezed or coughed on).

Use the quarantine flow chart “I am a close contact of someone who tested positive for COVID-19. Now what?” to understand quarantine needs outside of your facility.

- To determine if you are considered “Up-to-Date” with your COVID-19 vaccines, please visit: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html.

If the positive individual is not completely isolated from other people in their household, then household contacts may need to quarantine for a longer period. See “COVID-19 Ongoing Exposure: What if you live with your close contacts?”

For instructions on how to quarantine, see “What is quarantine?”

Household members and other close contacts can leave quarantine when they meet the criteria listed in “Ending Quarantine If You Are Exposed to a COVID-19 Case.”

Work with the individual directly to determine when they can leave quarantine and return to work.

- Support is available for people in COVID-19 isolation and quarantine. This could include temporary help ranging from food, to interpretation, cultural brokering, and psychosocial support.

  For more information on the types of services available, visit this site: 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.


- Testing

  Symptomatic individuals and close contacts are recommended to get a COVID-19 test. Close contacts should get a test as soon as they find out about their close contact and on day 5 after their last exposure. Follow the recommendations in “Where can I get tested for COVID-19 in Maine?”

  Check this listing of state-sponsored testing sites frequently for testing options in your area: www.maine.gov/covid19/testing.

- Treatment

  There are several highly effective drugs available to treat COVID-19 that can help you recover faster and stay out of the hospital. Some of these are pills that you swallow and others are intravenous medications that you get at a hospital. All of these need to be started within the first 5-7 days after COVID-19 symptoms begin to be effective and need to be prescribed by a medical provider.
You can contact your doctor to find out if you should get treated based on your age or other risk factors, or go to http://www.maine.gov/covid19/treatment to find places in the State where you can be seen by a healthcare provider and get oral or intravenous medication.


- Stressed by COVID-19? Resources exist to help everyone cope with stress during this time. More information is available in “Mental Health Resources During COVID-19”
COVID-19: What Is Isolation?

Who Should Isolate:

- Someone who tested positive for COVID-19, regardless of vaccination status.
- Someone who is experiencing COVID-19 symptoms, regardless of vaccination status, until they receive a negative test.

How to Isolate:

- Stay home from the time you first developed symptoms or when you had your first positive test (if asymptomatic).
  - You cannot have visitors.

- Ideally you should have zero contact with anyone else, including household members.
  - If you cannot isolate completely in your house, practice social distancing and other prevention measures as much as possible.

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

When to Leave Isolation:

- You can leave isolation when you meet the criteria in

- If you are a healthcare worker, work with your employer to determine what you should do.

For more information, visit: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)
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?
- Worsening or persistent symptoms?

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.

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.

For more information, please see the U.S. CDC FAQ on this guidance.
<table>
<thead>
<tr>
<th>If you tested positive for COVID-19 and:</th>
<th>You can leave your “sick room” and home when:</th>
</tr>
</thead>
</table>
| **You never had symptoms OR your symptoms are improving:** | ✓ At least 5 days passed since the day your symptoms started or the day of your first positive COVID test (asymptomatic),  
   AND  
   ✓ Had no fever for at least 1 day (24 hours of no fever without the use of medicine that reduces fever),  
   ✓ After isolation, continue to wear a mask at all times around others until Day 11. |
| **You have worsening or persistent symptoms:** | ✓ At least 5 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).  
   ✓ After isolation, continue to wear a mask at all times around others until Day 11. |

If you are a healthcare worker, work with your employer to follow this guidance:  
Start Here
I'm a close contact of someone who has tested positive for COVID-19. Now what?

Are you fully vaccinated & up to date on your booster(s)?*

Yes.

Have you completed your primary series of the Pfizer or Moderna vaccine WITHIN the last 5 months OR completed the primary series of the J&J vaccine WITHIN the last 2 months?

Yes.

No Quarantine: You can leave your house and test on day 5.
Wear a mask around others for 10 days.

No.

Quarantine: Stay home for 5 days
Continue to wear a mask around others for an additional 5 days
If you can't quarantine, you MUST wear a mask for 10 days.
Test on day 5, if possible.

No.

Are you fully vaccinated but not up to date with booster(s)?*

Yes.

No.

Are you partially vaccinated or unvaccinated?*

Yes.

If you develop symptoms, stay home, isolate, get tested, and contact your healthcare provider if symptoms persist.

*If you develop symptoms, stay home, isolate, get tested, and contact your healthcare provider if symptoms persist.
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.

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

**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.

**Note:** Your school or workplace may have modified requirements.

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.

Note: Your school or workplace may have modified requirements.

COVID-19: What Is Quarantine?

Who Should Quarantine:
- Someone who had close contact with someone who has COVID-19 if
  - They are unvaccinated or partially vaccinated
  - They are fully vaccinated more than 5 months ago (Pfizer and Moderna vaccines) or 2 months ago (J&J vaccine) and have not gotten a recommended booster dose
- Close contacts who do not meet these criteria do not need to quarantine, but should wear a face mask around others for 10 days.
- Travelers returning from international travel who are not fully vaccinated.

How to Quarantine:
- Stay home and away from others in the household as much as possible.
  - 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.
- Check your temperature twice a day and monitor for symptoms.
- You can leave quarantine for necessary and emergency medical care. If you are symptomatic, please call ahead.

When to Leave Quarantine:
- You can leave quarantine when you meet the criteria in
- If you are a healthcare worker, work with your employer to determine what you should do.

For more information, visit: www.maine.gov/dhhs/coronavirus
Ending Quarantine if You Are Exposed to a COVID-19 Case

<table>
<thead>
<tr>
<th>My COVID Vaccine Status:</th>
<th>If I am exposed to COVID-19:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully vaccinated and boosted</td>
<td><strong>Exposure</strong></td>
</tr>
<tr>
<td>OR</td>
<td>Day 0</td>
</tr>
<tr>
<td>Fully vaccinated within the last 5 months (Pfizer or Moderna) or 2 months (J&amp;J) but not boosted</td>
<td>No quarantine necessary. Wear a mask around others for 10 days.</td>
</tr>
<tr>
<td>Fully vaccinated more than 5 months ago (Pfizer and Moderna) or 2 months ago (J&amp;J) and not boosted</td>
<td><strong>Exposure</strong></td>
</tr>
<tr>
<td>OR</td>
<td>Day 0</td>
</tr>
<tr>
<td>Unvaccinated or partially vaccinated</td>
<td>Stay home for 5 days. You can leave your house on Day 6 if you do not develop symptoms. Wear a mask around others for the full 10 days. If you become sick or test positive, isolate.</td>
</tr>
</tbody>
</table>

If you are a healthcare worker, work with your employer to follow this guidance: www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html
Where can I get tested for COVID-19 in Maine?

<table>
<thead>
<tr>
<th>I have symptoms that could be COVID-19.</th>
<th>I do not have symptoms, but I traveled or am a close contact to a person with COVID-19.</th>
<th>I do not fit either of these categories. Should I get tested?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Call your healthcare provider to discuss options.</td>
<td>• Call your healthcare provider to discuss options.</td>
<td>• Maine CDC does not recommend testing for asymptomatic individuals who are not close contacts or did not recently travel.</td>
</tr>
<tr>
<td>• Your provider will direct you to a COVID-19 testing site if recommended.</td>
<td>• If they are unable to test you, please go to a state-sponsored testing site for free.</td>
<td></td>
</tr>
<tr>
<td>• If you do not have or cannot easily connect with a healthcare provider, please go to any state-sponsored testing site for free.</td>
<td>• Please call ahead to verify that the testing site can test individuals who do not have symptoms.</td>
<td></td>
</tr>
<tr>
<td>• If your symptoms get worse, seek care at an urgent care clinic or hospital emergency department.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To find state-sponsored testing sites, visit: 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
### Mental Health Resources During COVID-19

**Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This can appear as:**

- Changes in sleep or eating patterns.
- Worsening of chronic or mental health conditions.
- Fear or worry about your health and health of loved ones.
- Increased use of alcohol, tobacco, and other drugs.

**How can I cope with stress?**

- Avoid excessive exposure to media coverage, including on social media.
- Take care of your body by eating a balanced diet, exercising, stretching, and avoiding alcohol and drugs.
- Make time to unwind.
- Connect with others through calls, texts, and the internet.

**Need to connect?**

- **24/7 Intentional Warm Line:** Call 866-771-9276.
- **NAMI Maine’s Teen Text Line:** Call 207-515-8398.
- **Frontline Warm Line** for those who are directly involved in the COVID-19 response: Call 207-221-8196 or 866-367-4440.

**Where can I find resources?**

- **Find treatment options in Maine:**
  - Dial 211: 207-874-2211, or text your zip code to 898-211.
  - SAMHSA Treatment Services Locator: findtreatment.samhsa.gov
  - Substance Use Disorder Recovery: www.maine.gov/dhhs/samhs/virtual-recovery.shtml
  - For General Mental Health Resources: www.namimaine.org

**In crisis?**

- **24/7 Statewide Crisis Line:** Call or text 888-568-1112.
- **Disaster Distress Helpline:** Call 800-985-5990 or text "TalkWithUs" to 66746.
- **24/7 Suicide Hotline:** Call 800-273-TALK (800-273-8255). Veterans Press 1 or text 838255. En Español 888-628-9454.