Quarantine Guidance for Healthcare and Critical Infrastructure Workers with COVID-19 Exposure

**What is exposure?** Being within 6 feet of a COVID-19 case for 15 total minutes or more within 24 hours (or any length of time for healthcare workers performing aerosol-generating procedures) without appropriate PPE. This includes any time up to 48 hours before they developed symptoms.

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<thead>
<tr>
<th>No</th>
<th>My work has to close without me.</th>
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<td>Continue to work with prevention measures.</td>
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**How do I quarantine at home?**

For 14 days after your last exposure:

- **Quarantine at home.**
  - Healthcare workers: quarantine for 14 days.
  - Other workers: quarantine for 10 days, then follow all guidance in next column for 4 more days. Your employer may require 14 day quarantine.
- **Monitor for symptoms** of COVID-19. Take your temperature 2x per day.
- **Contact a healthcare provider** if symptoms develop.
- **Do not have visitors** in your home.
- **You cannot go to public places** even for essential reasons (including grocery stores), except to seek medical care.
- **You can have contact** with other members of your household, but maintain physical distancing as possible.

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**How can I continue to work?**

For 14 days after your last exposure:

- **Screen yourself for symptoms** and measure your temperature before each shift.
- **Wear a face covering.**
  - Healthcare workers: Wear a face mask instead of cloth face cover.
  - Critical infrastructure workers: Wear face mask or cloth face cover approved by employer.
- **Maintain physical distancing** as possible during work.
- **Clean and disinfect** all shared spaces regularly.
- **Notify your supervisor and stay home if symptoms develop.**
- **You must quarantine outside of work.**

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**COVID-19 symptoms include:**

Fever

Cough

Shortness of breath and trouble breathing

Also: fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

For more information visit: www.maine.gov/dhhs/coronavirus