

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 www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/when-to-leave-isolation.pdf
- If you are a **healthcare worker**, work with your employer to determine what you should do.