COVID-19: Quarantine

Who Should Quarantine:

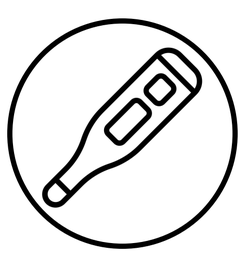
- Someone who had close contact with someone who has COVID-19

- 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 14 days after your last contact with someone who has COVID-19. A negative test result does not get you out of quarantine.
- **For travelers:** Stay home for 14 days upon entering Maine or until you receive a negative PCR 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.

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