

What Happens if I Have Contact with a COVID-19 Case?

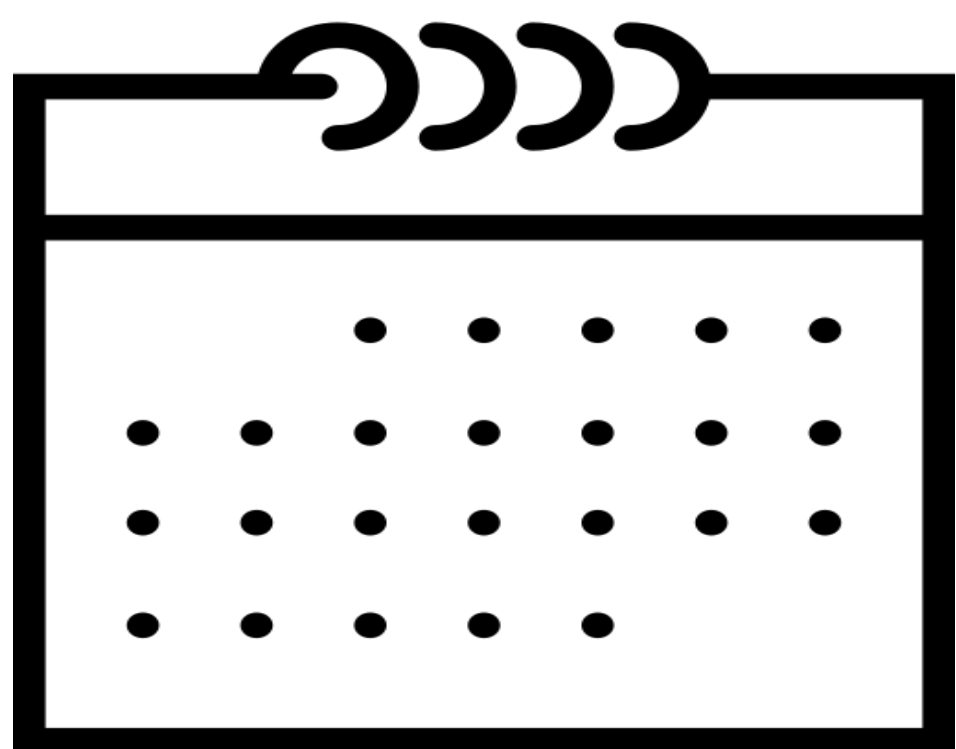


I THINK I had contact with a COVID-19 case. What now?

If you had contact with someone who you think has COVID-19:

You should:

- Monitor yourself for symptoms for 14 days.
- Contact a healthcare provider if symptoms develop.
- Quarantine is not recommended.
- Maine CDC may contact you if you are identified as a close contact of a COVID-19 case.



I AM a close contact of a COVID-19 case. What now?

If you had close contact (within 6 feet for 15 total minutes or more within 24 hours) with a COVID-19 case:

- Quarantine at home for 10 days after last exposure. After 10 days, continue to monitor for symptoms for 4 more days.
- Take your temperature 2x per day.
- Monitor for fever, cough, or difficulty breathing.
- Contact a healthcare provider if symptoms develop.
- If you live with your close contact, you must stay in quarantine until 10 days after they are released from isolation.



What is SARA Alert™?

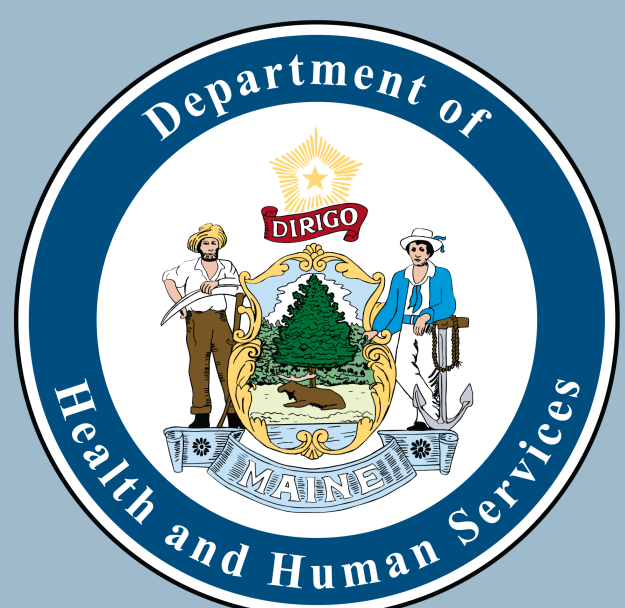
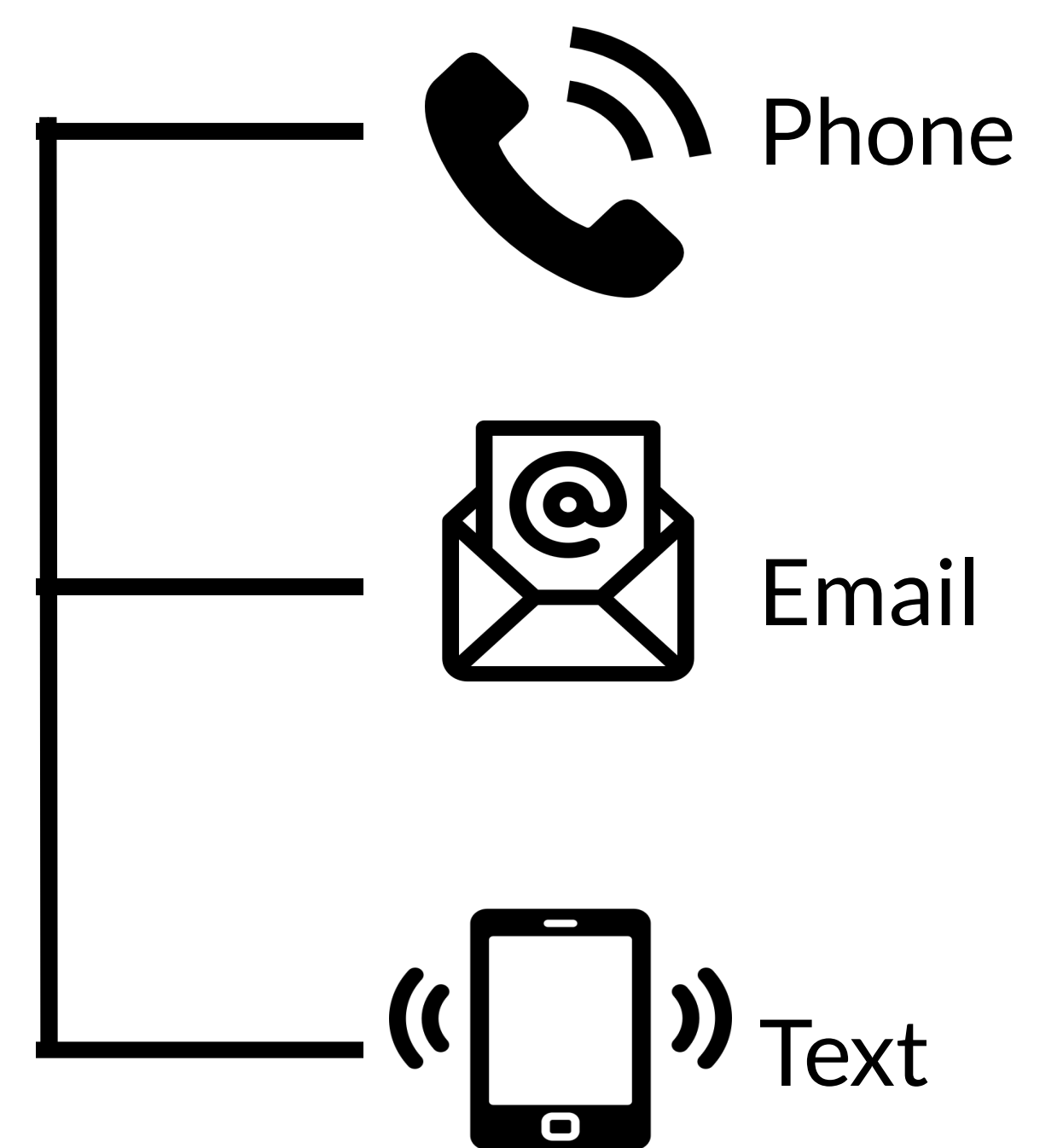
SARA Alert™ is a system that Maine CDC uses to enroll close contacts of COVID-19 cases if they are named as a close contact during an investigation.

COVID-positive individuals should notify their close contacts themselves.

The SARA Alert™ System:

- Allows exposed individuals to self-monitor and report any symptoms.
- Always maintains privacy.

SARA Alert™ enrollees can choose between three methods of communication:



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