

2019 Coronavirus (COVID-19) Frequently Asked Questions*

*Information is current as of 4/13/2021 and is subject to change

Please note: Text in this color denotes information updated in the last version of this document

Text in this color denotes information updated since the last version of this document

Contents: (click on a question to navigate directly to it)

Situation in Maine.....	3
• What happens when a case of COVID-19 is identified in Maine? (3/24/21).....	3
• Can I stay at a hotel, motel, or short-term rental? (Updated 3/24/21)	3
• What is the guidance for indoor gatherings in Maine? (Updated 3/26/21).....	4
• What is the guidance for outdoor gatherings in Maine? (Updated 3/26/21)	4
• When can bars and tasting rooms open? (3/26/21).....	4
• I would like to volunteer to help with the COVID-19 response (including contact tracing and vaccine distribution). How can I do this? (3/4/21)	4
• Where can I find information on COVID-19 vaccination in Maine? (1/19/21)	4
Business Complaints	4
• I have a complaint about a location that is not complying with the Governor’s Order. Who should I contact about this? (7/7/20).....	4
• A business is not allowing me to go inside because I am unable to wear a mask due to a medical condition. They are not providing a reasonable accommodation. Who can I report this to? (12/16/20).....	4
Prevention and Protection.....	5
• What is the definition of a close contact? (3/4/21).....	5
• What should I do if I had contact with someone with COVID-19 (not a health care or critical infrastructure worker)? (Updated 3/4/21)	5
• What should I do if I am a healthcare worker or critical infrastructure worker and had contact with someone with COVID-19? (Updated 3/4/21)	5
• What should I do if I had contact with someone who is a close contact of someone with COVID-19? (11/20/20) .	6
• If I already had COVID-19, do I need to quarantine if I am a close contact of a positive COVID-19 case? (1/29/21)	6
• I am fully vaccinated and had close contact with a COVID-19 case. Do I need to quarantine? (4/13/21).....	6
• Do I have to wear a mask every time I go out in public in Maine? (12/17/20)	6
• I am fully vaccinated, so can I go unmasked to a public place like a sports court, workplace, laundromat, or other public place? (3/24/21).....	7
• I am having a gathering at my house and everyone will be fully vaccinated. Do we have to wear masks? (3/24/21).....	7
• How is the Governor’s face covering mandate enforced? (12/17/20).....	7

- I have a medical condition that prevents me from wearing a face covering. Am I exempt from wearing a face covering according to the mandate? (11/25/20)..... 7
- Are there any cleaning recommendations to prevent COVID-19? (7/7/20)..... 7
- What is the difference between isolation and quarantine? What is involved? (Updated 12/29/20)..... 7

Epidemiology..... 8

- Can a person spread the COVID-19 virus even if they have no symptoms? (4/1/20) 8
- Can the COVID-19 virus be spread from contaminated surfaces? (Updated 12/10/20)..... 8
- Can someone who has recovered from COVID-19 spread the illness to others?..... 8
- What is community spread? 8
- What about people from out of state who test positive? Where are their results reported? (3/31/20) 8

Medical Information and Testing..... 9

- What are the signs/symptoms of COVID-19 and when do they appear? (Updated 12/16/20) 9
- Where can I get tested for COVID-19 in Maine? (Updated 12/4/20)..... 9
- I was tested for COVID-19. How long will my results take? How can I find results? (3/24/20)..... 9
- Why did I receive a text about a positive result? (12/29/20) 9
- How do I know if the text is legitimate? (12/29/20)..... 9
- What is the medical treatment for people affected by COVID-19? (Updated 10/23/20) 9
- How can a person be released from isolation at home? (12/4/20)..... 9
- If one of my employees tested positive for COVID-19, do I need to report it to Maine CDC? (5/1)..... 9
- If one of my employees tested positive for COVID-19, should I notify the rest of my employees? (Updated 12/4/20) 10
- What should I know about at-home COVID-19 testing? (1/13/21) 10
- What should I do if I already had COVID-19 within 90 days and become symptomatic again? (1/29/21) 10
- I was in quarantine for being a close contact. Can I get a release from quarantine letter for my employer? (4/13/21)..... 10
- I had COVID-19 and was in isolation. Can I get a release from isolation letter for my employer? (4/13/21)..... 10
- My employee is in isolation/quarantine. Should I require a release letter in order to let them come back to work? (4/13/21)..... 10

Daily Life and COVID-19 10

- I need help with rent assistance/evictions due to COVID-19. Who can I contact? (12/21/20)..... 10
- I am in isolation or quarantine and need help with groceries or other social services. How can I get help? (12/4/20)..... 11
- I have split custody of my child/children. Should they continue to go to their other parent’s house as stipulated in a custody agreement? (4/1/20) 11
- How can I cope with stress during a COVID-19 outbreak in my community? (4/22/20) 11

Travel..... 11

- What are Maine’s policies for residents outside of New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut) visiting Maine and for Maine residents returning from travel outside of New England– excluding international travel? (3/5/21) 11
- What are Maine’s policies for New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut) residents visiting Maine? (3/5/21) 11
- What are Maine’s policies for a resident of Maine that visits other New England states (New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut) and returns to Maine? (3/5/21) 12
- **What are Maine’s policies for international travelers coming to Maine? (Updated 4/8/21) 12**
- When is Maine going to allow residents of non-New England states to come to Maine and not have to quarantine or test? (Updated 3/5/21)..... 12
- What are Maine’s policies for individuals who are fully vaccinated and traveling to Maine? (Updated 3/5/21)... 12
- Why is Maine exempting people who have had COVID-19 or been fully vaccinated from the quarantine or test requirement? (3/5/21)..... 12
- What are Maine’s testing policies for children 18 years and younger coming to visit Maine for leisure? (Updated 12/7/20) 13
- What type of test do I need to get if I am coming to Maine to forgo the 10-day travel quarantine? (Updated 12/7/20) 13
- Can I take a test more than 72 hours before I arrive to Maine to forgo the quarantine? (Updated 12/4/20)..... 13
- I can’t get a COVID-19 test within 72 hours prior to my travel to Maine. What can I do? (Updated 12/29/20) 13
- I have a medical appointment out of state. Do I have to quarantine or get a negative antigen or molecular test upon return? (Updated 3/24/21)..... 13
- If I already had COVID-19, do I need to quarantine if I travel to Maine or return to Maine? (1/29/21) 13
- I am a Maine resident taking a short trip or day trip to a non-exempt state. As long as it is within 72 hours of my return, can I have a test done before I leave? (1/25/21) 13

Situation in Maine

What happens when a case of COVID-19 is identified in Maine? (3/24/21)

- When a person is tested for COVID-19, they should self-isolate at home if they are well enough or are isolated in hospital if required. This continues until they [meet criteria for release from isolation](#).
- When Maine CDC is notified of a positive result, a case investigator may reach out to the patient to conduct an investigation. Close contacts named by the positive person as exposed are identified and contacted. These individuals are instructed to quarantine for 10 days and monitor for symptoms for 4 more days. A negative test result when someone is identified as a close contact does not mean that they can forgo the quarantine.
- Out-of-state travelers who test positive in Maine are reported by the state of their primary residence. This is to ensure an accurate national tally of COVID-19 cases under guidance from US CDC.

Can I stay at a hotel, motel, or short-term rental? (Updated 3/24/21)

- Residents of New England states (Maine, New Hampshire, Vermont, Massachusetts, Connecticut, and Rhode Island) may stay in lodging establishments in Maine and are exempt from the testing and 10-day travel quarantine requirement.

- People who are not residents of these states will be asked to sign a [Certificate of Compliance](#) at check-in at all Maine lodging, campgrounds, seasonal rentals, overnight camps, and other commercial lodging (Airbnb, etc.).

What is the guidance for indoor gatherings in Maine? (Updated 3/26/21)

- Indoor gathering capacity is currently set to 50 percent of total capacity.
- Starting May 24, 2021, indoor gathering capacity will increase to 75 percent.

What is the guidance for outdoor gatherings in Maine? (Updated 3/26/21)

- Outdoor gathering capacity is currently set to 75 percent of total capacity.
- Starting May 24, 2021, outdoor gathering capacity will increase to 100 percent.

When can bars and tasting rooms open? (3/26/21)

- Under the [Moving Maine Forward plan](#), bars, distilleries, and tasting rooms can resume indoor service starting March 26, 2021.

I would like to volunteer to help with the COVID-19 response (including contact tracing and vaccine distribution). How can I do this? (3/4/21)

- Please visit www.maineresponds.org to register as a volunteer to provide services during a disaster or emergency situation.
- Please see Maine CDC's COVID-19 response positions and see [jobs postings page](#).

Where can I find information on COVID-19 vaccination in Maine? (1/19/21)

- Please visit Governor Mills' [COVID-19 Vaccine page](#) for more information on who can currently be vaccinated, how many vaccines have already been given, [major updates](#), and other [frequently asked questions](#).
- The Office of the Governor also has a page on [COVID-19 vaccine sites in Maine](#).
- Find Maine Immunization Programs [frequently asked questions here](#) under the "Other Questions" heading.

[Return to top](#)

Business Complaints

I have a complaint about a location that is not complying with the Governor's Order. Who should I contact about this? (7/7/20)

- Please fill out Maine's Department of Economic and Community Development (DECD) [non-compliance form](#).
- If the establishment is a restaurant, hotel/lodging, campground, youth camp, body artist, or public pools/spas you can also fill out a [complaint through Maine's Health Inspection Program](#).

A business is not allowing me to go inside because I am unable to wear a mask due to a medical condition. They are not providing a reasonable accommodation. Who can I report this to? (12/16/20)

- Please fill out Maine's Department of Economic and Community Development (DECD) [non-compliance form](#).
- [Disability Rights Maine](#) can also be contacted and may be able to assist.

[Return to top](#)

Prevention and Protection

What is the definition of a close contact? (3/4/21)

- Close contact includes:
 - Being within 6 feet of an infected person for a total of 15 cumulative minutes or more over 24 hours
 - Providing care at home to someone who is sick with COVID-19
 - Direct physical contact with an infectious person (ex: hugging/kissing)
 - Sharing eating or drinking utensils
 - Being exposed to respiratory droplets from an infectious person (ex: sneezing/coughing)

What should I do if I had contact with someone with COVID-19 (not a health care or critical infrastructure worker)? (Updated 3/4/21)

- These guidelines apply to people who are not considered [health care or critical infrastructure workers](#).
- If you had **close contact** with a COVID-19 case while they were symptomatic or within 48 hours before their symptoms started (or if asymptomatic, starting 48 hours prior to specimen collection), **please follow the quarantine recommendations**.
 - You should avoid contact with people in your household as much as possible.
 - Your household members can continue to leave the house if they are not also in quarantine.
 - You should get tested immediately upon finding out that you are a close contact and 5-7 days after your exposure.
 - A close contact does not need to get tested if they are asymptomatic and the exposure occurred more than 14 days after the close contact completed their vaccination series.
 - A close contact does not need to get tested if they are asymptomatic and are within 90 days after their first positive antigen or PCR test.
 - If you live in the same household as the COVID case and they are not fully isolated from you, you should remain in quarantine until 10 days after they are released from isolation.
 - Your employer can have stricter guidance.
 - You can leave quarantine once you meet the [release from quarantine criteria](#).
- For other types of contact, please [follow the educational document](#) to determine the recommendation.

What should I do if I am a healthcare worker or critical infrastructure worker and had contact with someone with COVID-19? (Updated 3/4/21)

- These guidelines apply for people who are considered health care or critical infrastructure workers.
- If you are unsure if you are designated as a critical infrastructure worker, please reach out to [Maine's Department of Economic and Community Development](#).
- Asymptomatic **critical infrastructure workers** may continue to work following potential exposure to COVID-19.
 - Potential exposure means being a household contact or having [close contact](#) with an individual with COVID-19.
 - This contact period includes up to 48 hours before the sick individual became symptomatic.
 - For 14 days following a potential exposure, please [follow these guidelines](#).
- Asymptomatic **health care providers** should follow the recommended self-quarantine at home for 14 days if their facility can remain open without the asymptomatic health care worker.
 - If the facility would have to close in their absence, then the asymptomatic person can continue to work [following these guidelines](#) for 14 days after a potential exposure.
- You should get tested immediately upon finding out that you are a close contact and 5-7 days after your exposure.
 - A close contact does not need to get tested if they are asymptomatic and the exposure occurred more than 14 days after the close contact completed their vaccination series.

- A close contact does not need to get tested if they are asymptomatic and are within 90 days after their first positive antigen or PCR test.
- If the employee shows symptoms of COVID-19, they must be sent home immediately.
- This and further guidance can be found at [US CDC Interim Guidance for Critical Infrastructure Workers page](#).

What should I do if I had contact with someone who is a close contact of someone with COVID-19? (11/20/20)

- If you are a contact of someone who is a close contact of a COVID-19 case, you are not required to quarantine. Continue to practice everyday prevention measures as you normally would.

If I already had COVID-19, do I need to quarantine if I am a close contact of a positive COVID-19 case? (1/29/21)

- If you had a positive molecular COVID-19 (PCR, NAAT, or isothermal) or antigen test, you do not need to quarantine if you are a [close contact](#) of a COVID-19 positive case within **90 days (3 months) after your first positive test, if you remain asymptomatic**.
- After this 90-day period from your first positive test, you will need to quarantine if you become a close contact of a COVID-19 positive case.
- An individual who believes they had a previous COVID-19 infection but did not have a positive COVID-19 molecular or antigen test must still quarantine after an exposure.
- An individual who has completed a COVID-19 vaccination series and is exposed to a COVID-19 case does not need to quarantine so long as the exposure is more than 14 days after the individual's completion of the COVID-19 vaccine series.

I am fully vaccinated and had close contact with a COVID-19 case. Do I need to quarantine? (4/13/21)

- An individual who has completed a COVID-19 vaccination series and is exposed to a COVID-19 case does not need to quarantine so long as the exposure is more than 14 days after the individual's completion of the COVID-19 vaccine series.

Do I have to wear a mask every time I go out in public in Maine? (12/17/20)

- The Governor's order requires Maine people to wear cloth face coverings in all public places, regardless of the ability to maintain physical distance. The order identifies public settings as:
 - Indoor spaces that are accessible to the public such as grocery stores, retail stores, pharmacies, healthcare facilities, social clubs, auditoriums, theaters, stadiums, arenas, concert halls, convention centers, meeting halls, gymnasiums, rinks, fitness centers, houses of worship, transportation centers, indoor parking garages as well as other public accommodations
 - Outdoor spaces such as playgrounds, parking lots, sidewalks, athletic and sports venues, and other areas such as lines for takeout service where the public typically gathers in a smaller area
 - Public transportation such as a taxi, Uber, Lyft, ride-sharing or similar service; ferry, bus, or train; and any semi-enclosed transit stop or waiting area
 - Portions of municipal, county, state, and private buildings and grounds that are typically accessible to the public, including parking lots, walkways, lobbies, waiting areas, elevators, service desks, and related hallways. For the purpose of this section, government buildings and grounds include those privately owned and leased for government use
- All owners and operators of indoor public settings must require all persons to wear face coverings in publicly accessible areas.
- Face coverings are not required for children under the age of 2. Children under 2 years of age may enter indoor public settings without a mask when accompanied by a masked adult.
- Though reasonable accommodations should be made for those who cannot tolerate a face covering due to a medical condition or physically remove a face covering without assistance, any individual over the age of 2 may not enter or remain in any indoor public setting without a face covering. Curbside delivery, the use of personal

shoppers, and other accommodations may be used to accommodate individuals who are unable to wear a face covering, without allowing them into indoor public settings.

- Even if you wear a facemask, you should also use other [prevention methods](#).
- Find guidance on face covering mandate enforcement from the Maine Attorney General [here](#).

I am fully vaccinated, so can I go unmasked to a public place like a sports court, workplace, laundromat, or other public place? (3/24/21)

- No. You still need to follow the [Governor's Executive Order](#) and wear a cloth face covering in public settings regardless of your vaccine status.

I am having a gathering at my house and everyone will be fully vaccinated. Do we have to wear masks? (3/24/21)

- No, as long as everyone has been vaccinated and is more than 2 weeks past their final dose of vaccine.

How is the Governor's face covering mandate enforced? (12/17/20)

- While the Governor hopes that individual compliance with the mandate requiring individuals to wear face coverings in public spaces is voluntary, a person may be charged with a criminal offense for not wearing a face covering in a public setting.
- All owners of indoor public settings must require entrants to wear a face covering.
- Any customer who refuses the request of a business to comply with posted face covering requirements or to leave the premises may be considered a trespasser. Restaurant and retail employees have the right to contact local law enforcement to have the person removed.
- Find guidance on face covering mandate enforcement from the Maine Attorney General [here](#).

I have a medical condition that prevents me from wearing a face covering. Am I exempt from wearing a face covering according to the mandate? (11/25/20)

- As long as the business makes accommodations to remain compliant with the Maine Human Rights Act, the business must decline to allow a person into their restaurant or retail business.
- Accommodations include:
 - Offering the option of a face shield
 - Allowing for take-out or curbside service
 - Personal shopper service (with audio or video if needed)
 - Providing individual appointments time to enter the store without other customers present
- Beyond reasonable accommodations, during a public health emergency, disability laws do not require a business to admit a customer not wearing a face covering.

Are there any cleaning recommendations to prevent COVID-19? (7/7/20)

- Clean and disinfect frequently touched objects and surfaces (tables, countertops, light switches, doorknobs, cabinet handles, etc.) daily using a regular household cleaning spray or wipe.
- Find cleaning recommendations for households with suspected/confirmed COVID-19 cases [here](#).

What is the difference between isolation and quarantine? What is involved? (Updated 12/29/20)

- [Self-quarantine](#) means that you need to separate yourself from others because you **may have been exposed** to the COVID-19 virus but are not currently symptomatic.
 - During [self-quarantine](#), you should avoid contact with people in your household as much as possible.
 - If you are self-quarantining, you may leave your house for outdoor exercise activities, such as swimming or hiking, provided that you abide by physical distancing guidelines and avoid contact with other people.

- **If you are in self-quarantine, you should remain in quarantine until 10 days after your last contact with the COVID case, then monitor for symptoms for 4 more days.**
- [Self-isolation](#) means that you need to separate yourself from others because you **may be infected** with the COVID-19 virus and you are experiencing symptoms.
 - During [self-isolation](#), you should avoid having contact with other members of your household as much as possible.
 - If you are self-isolating, you may not leave your house for exercise.
 - **If you are in self-isolation, you should remain isolated until you meet the [criteria for release from isolation](#).**

[Return to top](#)

Epidemiology

Can a person spread the COVID-19 virus even if they have no symptoms? (4/1/20)

- It is possible that people infected with COVID-19 may be infectious before showing symptoms.
 - More detailed studies are being done to determine whether people acquire COVID-19 from those without symptoms.
- People are thought to be most contagious when they are most symptomatic/the sickest.
- Maine CDC recommends that only people who are showing symptoms be tested for COVID-19.

Can the COVID-19 virus be spread from contaminated surfaces? (Updated 12/10/20)

- The COVID-19 virus can be acquired from contaminated surfaces, but this is not the primary way the virus spreads.
 - This happens when an infected person coughs or sneezes and droplets land on surfaces. A person can become infected by touching the contaminated surface and then touching the eyes, nose, or mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Most often, spread of the virus happens among close contacts through respiratory droplets. [Practice general prevention measures.](#)

Can someone who has recovered from COVID-19 spread the illness to others?

- Someone who is actively sick with COVID-19 can spread the illness to others.
- Once a person with COVID-19 has been released from isolation and is no longer showing symptoms without the aid of medication (fever-reducers, cough suppressants), they are no longer considered able to spread the COVID-19 virus.
- Individuals who had COVID-19 can get it again and become infectious again.

What is community spread?

- Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

What about people from out of state who test positive? Where are their results reported? (3/31/20)

- Out-of-state travelers who test positive in Maine are reported by the state of their primary residence. This is to ensure an accurate national tally of COVID-19 cases under guidance from US CDC.
- Patients may continue to receive treatment in the state where they are tested.

[Return to top](#)

Medical Information and Testing

What are the signs/symptoms of COVID-19 and when do they appear? (Updated 12/16/20)

- Signs and symptoms include:
 - Fever or chills.
 - Cough.
 - Shortness of breath or difficulty breathing.
 - Fatigue.
 - Muscle or body aches.
 - Headache.
 - New loss of taste or smell.
 - Sore throat.
 - Congestion or runny nose.
 - Nausea or vomiting.
 - Diarrhea.
- Seek medical attention immediately if you experience any of these emergency warning signs for COVID-19:
 - Trouble breathing.
 - Persistent pain or pressure in the chest.
 - New confusion.
 - Inability to wake or stay awake.
 - Bluish lips, face, or unpigmented skin (gums, around the eyes, nail beds).
- Symptoms may appear 2-14 days after exposure to the virus.

Where can I get tested for COVID-19 in Maine? (Updated 12/4/20)

- Please refer to the educational document "[Where can I get tested for COVID-19 in Maine?](#)"

I was tested for COVID-19. How long will my results take? How can I find results? (3/24/20)

- Contact the healthcare provider that tested you for a timeframe and for results.
- Maine CDC does not provide test results to individuals.

Why did I receive a text about a positive result? (12/29/20)

- Maine CDC announced that beginning Wednesday, December 23, 2020 people who test positive for COVID-19 and provide their telephone number to their testing site will receive a text message from Maine CDC indicating that they should isolate for 10 days at home and inform close contacts of potential exposure to the virus.
- Individuals will also be direct to more information.

How do I know if the text is legitimate? (12/29/20)

- Messages from Maine CDC will come from the number 22300.

What is the medical treatment for people affected by COVID-19? (Updated 10/23/20)

- The National Institutes of Health developed [guidance on treatment](#).

How can a person be released from isolation at home? (12/4/20)

- Please see the [release from isolation criteria](#).
- [Specific criteria](#) are available for healthcare workers with confirmed or suspected COVID-19 for release from isolation.

If one of my employees tested positive for COVID-19, do I need to report it to Maine CDC? (5/1)

- The places and people required to report any reportable disease, including COVID-19, are: health care providers, medical laboratories, health care facilities, administrators, health officers, and veterinarians.
- Any other employer or entity is not required to notify Maine CDC if an employee tests positive. The testing laboratory and health care provider are required to report this.

If one of my employees tested positive for COVID-19, should I notify the rest of my employees? (Updated 12/4/20)

- Inform your employees of their possible exposure to COVID-19. Employers should do contact tracing within their own facility and notify all close contacts of their need to quarantine.
- Employers must keep the identity of the individual who tested positive confidential.

What should I know about at-home COVID-19 testing? (1/13/21)

- Find information on at-home COVID-19 testing from US CDC [here](#).
- If you choose to use an at-home COVID-19 test, please share your results with your healthcare provider. They will report your test results to the state health department.

What should I do if I already had COVID-19 within 90 days and become symptomatic again? (1/29/21)

- An individual who develops new onset of symptoms consistent with COVID-19 during the 90-day period following the initial positive result should be retested and should isolate.
 - If the test comes back positive, they will need to isolate for a minimum of 10 days from the new symptom onset.
 - If the test comes back negative, they will need to isolate until 24 hours after symptoms resolve without fever-reducing medication.

I was in quarantine for being a close contact. Can I get a release from quarantine letter for my employer? (4/13/21)

- Due to the volume of cases, Maine CDC no longer provides release from quarantine letters.
- You should work with your employer to determine when you meet [criteria to leave quarantine](#) and safely return to work.

I had COVID-19 and was in isolation. Can I get a release from isolation letter for my employer? (4/13/21)

- Due to the volume of cases, Maine CDC no longer provides release from isolation letters.
- You should work with your employer to determine when you meet [criteria to leave isolation](#) and safely return to work.

My employee is in isolation/quarantine. Should I require a release letter in order to let them come back to work? (4/13/21)

- No. Maine CDC no longer provides release from isolation/quarantine letter.
- You should work with your employee directly to determine when it is safe for them to return to work.

[Return to top](#)

Daily Life and COVID-19

I need help with rent assistance/evictions due to COVID-19. Who can I contact? (12/21/20)

- Visit www.mainehousing.org/covidrent for more information on rent assistance during COVID-19.
- Please contact the [Maine State Housing Authority](#) for assistance at 207-626-4600.

I am in isolation or quarantine and need help with groceries or other social services. How can I get help? (12/4/20)

- The Department of Health and Human Services developed a [referral form](#) that individuals who need assistance can fill out.

I have split custody of my child/children. Should they continue to go to their other parent's house as stipulated in a custody agreement? (4/1/20)

- It is essential that co-parents comply with custody agreements. If all parties abide by physical distancing guidelines, shared custody of children can continue.

How can I cope with stress during a COVID-19 outbreak in my community? (4/22/20)

- An outbreak of COVID-19 in your community may be very stressful. [Maine CDC has information available](#) for individuals who may be stressed, need to connect with someone, or are in crisis.
- Visit US CDC's [Stress and Coping During COVID-19](#) site for ways you can support yourself during an outbreak.
- A Frontline Warm Line is available for first responders, health care workers, those in law enforcement, and anyone else who is involved in the direct response to COVID-19.
 - Call 207-221-8196 or 866-367-4440 to connect with someone for support services.
 - Volunteers staffing the Warm Line include licensed psychiatrists, psychologists, therapists, social workers, and nurse practitioners.

[Return to top](#)

Travel

What are Maine's policies for residents outside of New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut) visiting Maine and for Maine residents returning from travel outside of New England– excluding international travel? (3/5/21)

- These are the options for visitors from out of state:
 - Complete a 10-day quarantine upon arrival in Maine and continue to monitor for signs and symptoms for an additional 4 days. **OR**
 - Obtain and receive a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result within 72 hours prior to arrival in Maine may forgo the 10-day quarantine. **OR**
 - Individuals who have completed a COVID-19 vaccination series and are 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement above. **OR**
 - Individuals who have completed isolation after testing positive for COVID-19 and are within 90 days of their initial positive molecular or antigen test are exempt from the testing and 10-day quarantine requirement above, provided they remain asymptomatic.
- Travelers may be tested upon arrival in Maine as well but must quarantine while they wait for test results. A negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result will allow the traveler to leave quarantine early.
- Visitors from out of state, excluding New England residents, will be asked to sign a Certificate of Compliance. This form must be provided to check-in at all Maine lodging, campgrounds, seasonal rentals, overnight camps, and other commercial lodging, such as Airbnb. Visitors may be asked to show proof of test results or vaccination status upon request.
- [Federal requirements related to international travel remain in effect.](#)

What are Maine's policies for New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut) residents visiting Maine? (3/5/21)

- Maine is exempting residents of New England states from the testing and 10-day quarantine requirements.

- [Federal requirements related to international travel remain in effect.](#)

What are Maine's policies for a resident of Maine that visits other New England states (New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut) and returns to Maine? (3/5/21)

- If a Maine resident visits New Hampshire, Vermont, Massachusetts, Connecticut, or Rhode Island they are not required to quarantine or show proof of negative test results upon returning to Maine.
- If a Maine resident visits a state other than New Hampshire, Vermont, Massachusetts, Connecticut, or Rhode Island, the requirement that they quarantine for 10 days remains in place, or they may utilize a negative test result within 72 hours of arriving to Maine as an alternative.
- [Federal requirements related to international travel remain in effect.](#)

What are Maine's policies for international travelers coming to Maine? (Updated 4/8/21)

- For people who are **fully vaccinated (at least 14 days past their final COVID-19 dose)** who arrive in Maine:
 - Quarantine is not required unless you are experiencing symptoms.
 - Testing is recommended 3-5 days after arrival in the US.
 - If the COVID-19 test is positive, [isolate](#).
- For all people who are **not fully vaccinated** and arrive in Maine within 7 days of entering the United States:
 - Quarantine for 7 days from arrival in the US AND get a COVID-19 molecular or antigen test 3-5 days after arrival in the US.
 - If the COVID-19 test is positive, [isolate](#).
 - Even if the COVID-19 test is negative, complete the 7-day quarantine after travel.
 - If individuals arriving from international travel do not get a COVID-19 test after their arrival, they should quarantine for 10 days after their arrival in the US.
 - Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.
- For individuals who arrive in Maine more than 7 days after travel, follow guidelines for [domestic travelers arriving in Maine](#).
- Travel guidance for all passengers coming to the United States, including US citizens, can be found [here](#).

When is Maine going to allow residents of non-New England states to come to Maine and not have to quarantine or test? (Updated 3/5/21)

- Beginning May 1, 2021, Maine will shift the travel policy from an "all states included, unless exempt" model to an "all states exempt, unless included" model.
- Please visit Maine CDC's website for more information on or after May 1st for more information.

What are Maine's policies for individuals who are fully vaccinated and traveling to Maine? (Updated 3/5/21)

- Individuals who have completed a COVID-19 vaccination series and are 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement.

Why is Maine exempting people who have had COVID-19 or been fully vaccinated from the quarantine or test requirement? (3/5/21)

- Scientific evidence indicates that people who have recently had COVID-19, within the last 90 days, are effectively immune from the disease and very unlikely to transmit the virus. Individuals who have been fully vaccinated are also unlikely to transmit COVID-19. However, all visitors should continue to wear face coverings and practice physical distancing and hand hygiene to reduce the risk even further.

What are Maine's testing policies for children 18 years and younger coming to visit Maine for leisure? (Updated 12/7/20)

- Children over 12 months old must receive a test within 72 hours prior to entering Maine to forgo the 10-day quarantine.

What type of test do I need to get if I am coming to Maine to forgo the 10-day travel quarantine? (Updated 12/7/20)

- A negative SARS-COV-2 antigen or molecular (PCR, NAAT, or isothermal) test.
- A negative antibody test is not accepted to forgo quarantine.

Can I take a test more than 72 hours before I arrive to Maine to forgo the quarantine? (Updated 12/4/20)

- No. A test taken more than 72 hours before arrival in Maine does not qualify for you to forgo the quarantine.

I can't get a COVID-19 test within 72 hours prior to my travel to Maine. What can I do? (Updated 12/29/20)

- If you are unable to get a test within 72 hours prior to arriving in Maine, then you can quarantine for 10 days upon arrival.
- You can also find a testing site in Maine and quarantine until you get a negative antigen or molecular test result back.

I have a medical appointment out of state. Do I have to quarantine or get a negative antigen or molecular test upon return? (Updated 3/24/21)

- Yes, if you travel to a non-exempt state for a medical appointment, the quarantine or recent negative antigen or molecular (PCR, NAAT, or isothermal) test result rule applies. You could be tested upon return to Maine and would need to quarantine until you receive negative test results.
 - Exempt states include New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.

If I already had COVID-19, do I need to quarantine if I travel to Maine or return to Maine? (1/29/21)

- If you had a positive molecular COVID-19 (PCR, NAAT, or isothermal) or antigen test, you do not need to quarantine for **90 days (3 months) after your first positive test, if you remain asymptomatic.**
- After this 90-day period from your first positive test, you will need to quarantine if you travel to Maine from out of state or return to Maine after travel to a non-exempt state.

I am a Maine resident taking a short trip or day trip to a non-exempt state. As long as it is within 72 hours of my return, can I have a test done before I leave? (1/25/21)

- No, test samples taken before a Maine resident leaves to visit a non-exempt state do not exempt the resident from the quarantine requirement when they return.
- The test sample must be taken after they left Maine, either in the state they visited or in Maine when they return. They must quarantine until they receive negative results.

[Return to top](#)