

# When can I leave isolation?

What kind of symptoms do you have?

You can leave isolation when:

I **did not have symptoms** at any time.



You can leave isolation on Day 6.\*

I had **mild illness** (fever, cough, sore throat, tiredness, loss of taste and smell, head and body aches).



You can leave isolation on Day 6 if:

- You are fever-free for 24 hours (without fever-reducing medication), **AND**
- Your symptoms are improved.\*

I had **moderate illness** (shortness of breath or difficulty breathing).



You can leave isolation on Day 11 if:

- You are fever-free for 24 hours (without fever-reducing medication), **AND**
- Your symptoms are improved.\*

I had **severe illness** (was in the hospital) or I have a **weakened immune system**.



Stay in isolation until **at least Day 11**. Talk to your healthcare provider about when you can leave isolation. Only leave isolation if:

- You are fever-free for 24 hours (without fever-reducing medication), **AND**
- Your symptoms are improved.\*

**\*Masking** - After you end isolation, continue to wear a mask around other people until Day 11 **OR**:

If you have **no symptoms or mild illness** and access to antigen tests, you may be able to remove your mask sooner.

- Starting on Day 6, if you take two antigen tests in a row, spaced 48 hours apart, **and both are negative**, you can remove your mask.
- If your antigen test is positive, you may still be infectious. Keep wearing your mask until you have two negative tests in a row 48 hours apart (even Day 11 or later).

[www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)

