EMS Clinician Return to Work Guidance After Positive COVID-19 Test
(Updated July 29, 2020)

Maine EMS Clinician with a Laboratory-Confirmed COVID-19 Test

Asymptomatic and not severely immunocompromised
May return to work when at least 10 days have passed following the date of their first positive viral diagnostic test

Asymptomatic and severely immunocompromised
May return to work when at least 20 days have passed following the date of their first positive viral diagnostic test

Mild to moderate illness who are not severely immunocompromised
Exclude from work until ALL of the following are met:
- At least 24 hours since resolution of fever without the use of fever-reducing medications
- Symptoms have improved (e.g. cough, shortness of breath)
- At least 10 days have passed since symptoms first appeared

Severe to critical illness or who are severely immunocompromised and symptomatic
Exclude from work until ALL of the following are met:
- At least 24 hours since resolution of fever without the use of fever-reducing medications
- Symptoms have improved (e.g. cough, shortness of breath)
- At least 20 days have passed since symptoms first appeared

Notes:
As of July 17, 2020, the U.S. CDC no longer recommends a test-based strategy for returning to work. After returning to work, EMS clinicians should wear a facemask at all times and attempt to avoid contact with severely immunocompromised patients until all symptoms completely resolve. Definitions of illness severity and immunocompromise can be found on the U.S. CDC website: https://bit.ly/USCDCRTW (see QR code below)

For More Information:
Note: Interim guidance and is subject to change. Information current as of July 29, 2020