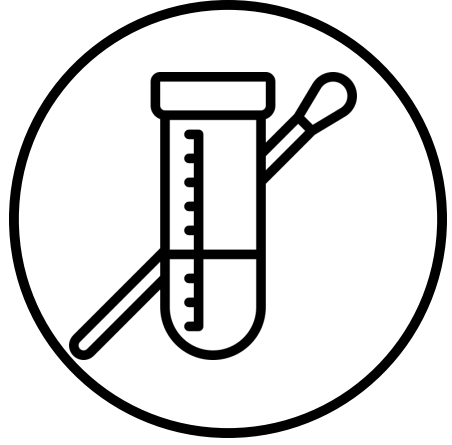


# COVID-19: Isolation

## Who Should Isolate:



- Someone who tested positive for COVID-19.

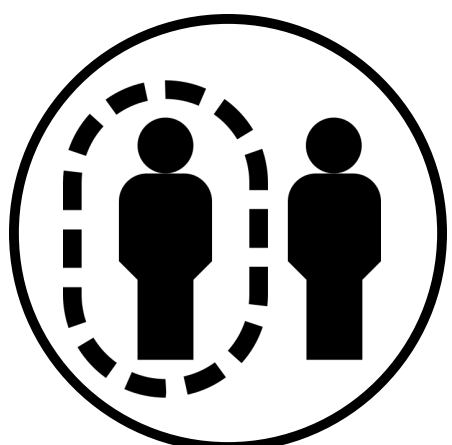


- Someone who is experiencing COVID-19 symptoms.

## What Does Isolation Mean:



- **For someone who tested positive for COVID-19:** Stay home until Maine CDC officially releases you from isolation.
- **For symptomatic individuals:** Stay home for 10 days from the start of symptoms with the exception of seeking medical care and testing. Please call before going to see a healthcare provider and let them know you are symptomatic.



- Ideally you should have zero contact with anyone else, including household members.
  - If you cannot isolate completely, you should still practice social distancing and other prevention measures as much as possible.
  - Being unable to completely isolate from your household members means that they will need to remain in quarantine until 14 days after you are released from isolation.



- 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 isolation for necessary and emergency medical care. Please call ahead and let the facility and provider know that you are COVID-19 positive or experiencing symptoms.