

# 2019 Coronavirus (COVID-19) Frequently Asked Questions\*

\*Information is current as of 11/23/2021 and is subject to change

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

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## Situation in Maine

### What happens when a case of COVID-19 is identified in Maine? (9/17/2021)

- When Maine CDC is notified of a positive result, a case investigator [may reach out](#) to the patient to investigate. The investigator asks basic questions about symptoms and when they started and possible exposures.
- Close contacts of the positive person are identified and contacted.
  - If these individuals are not fully vaccinated, they are instructed to [quarantine](#) for 10 days and monitor for symptoms for 4 more days. [Fully vaccinated close contacts](#) are not required to quarantine.
  - A negative test result when someone is identified as a close contact **does not mean** that they can get out of quarantine.

### What about people from out of state who test positive? Where are their results reported? (3/31/2020)

- Out-of-state travelers who test positive in Maine are reported to 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.

### What is the guidance for indoor gatherings in Maine? (5/25/2021)

- All capacity limits and physical distancing requirements in public indoor venues are lifted.

### What is the guidance for outdoor gatherings in Maine? (5/25/2021)

- All capacity limits and requirements to physically distance in all public outdoor settings are lifted.

### I would like to volunteer to help with the COVID-19 response (including contact tracing and vaccine distribution). How can I do this? (3/4/2021)

- Please visit [www.maineresponds.org](http://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? (9/17/2021)

- Please visit Governor Mills’ [COVID-19 Vaccine page](#) for more information on COVID-19 vaccination in Maine.
- Call the Community Vaccination Line for help finding a COVID vaccine near you at 1-888-445-4111.
- Call 1-855-608-5172 if you need help getting a ride to your vaccine appointment. Reserve your ride at least 48 hours in advance of your appointment.
- Find a [COVID-19 vaccine site](#) here.

### I am fully vaccinated but lost my vaccine card. How can I get a replacement? (9/3/2021)

- **First**, you should contact the location where you received your vaccine to find out if they can issue a replacement card.
- If the vaccination site cannot do this or no longer exists, fill out this [Vaccination Record Request Form](#).
- If you do not have access to the internet, you can also call 1-800-821-5821 to request a replacement from the Maine Immunization Program.

### Where can I find updated K-12 school guidance for Maine? (8/12/2021)

- Find the most updated DOE “Standard Operating Procedures for Responding to a Positive COVID-19 Case in Schools” document [here](#).
- Find Maine DOE’s COVID-19 toolkit [here](#).
- For questions about masking requirements in individual schools, please contact administration at the school in question.

### Where can I find information on the vaccination requirement for healthcare workers in Maine? (9/17/2021)

- Please visit the Governor’s [FAQ page](#) for complete information on the Healthcare Worker Vaccination Rule.
- Find information on Emergency Rule “Immunization Requirements for Healthcare Workers” [here](#).
- See your healthcare provider for more information on medical exemptions. Read more about the [Maine Vaccine Exemption Law Change here](#).

### Where can I find information on President Biden’s new vaccine mandate? (9/17/2021)

- The Maine Department of Labor released this news release regarding the vaccine mandate for public sector employers.
- As we learn more about the implications of President Biden’s proposed changes, we will share that information.

### Which healthcare providers in Maine are required to be vaccinated under the emergency vaccination rule? (8/19/2021)

- Visit the Governor’s [FAQ page](#) for complete information.

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## About COVID-19

### What are the signs/symptoms of COVID-19 and when do they appear? (12/16/2020)

- 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.

### Can a person spread the COVID-19 virus even if they have no symptoms? (9/17/2021)

- It is possible that people infected with COVID-19 may be infectious before showing symptoms. They can also be infectious and not show any symptoms (asymptomatic spread).

### 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.

### How long can someone test positive for COVID-19 after being released from isolation? (11/3/2021)

- People who have been released from COVID-19 isolation [may continue to test positive for COVID-19](#) on molecular and antigen tests for up to 90 days after symptom onset but are not considered infectious.
  - This means that viral RNA is detected by the molecular or PCR tests, but the virus is no longer active, so the person is not infectious.
- Maine CDC does not recommend requiring a negative test for a person who has been released from COVID-19 isolation to return to work, school, or other community functions.
- If a person who has been released from COVID-19 isolation experiences new COVID-like symptoms within this 90 day period, [follow this guidance](#).
- If a person who has been released from COVID-19 isolation is a close contact of a COVID case within this 90 day period, [follow this guidance](#).

### What is the medical treatment for people affected by COVID-19? (10/23/2020)

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

### Can the COVID-19 virus be spread from contaminated surfaces? (12/10/2020)

- 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](#).

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## Prevention

### How does wearing a face covering prevent the spread of COVID-19? (7/28/2021)

- COVID- most commonly spreads between people through respiratory droplets or small particles like aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes.
- Because it helps contain respiratory droplets, wearing a face covering has been proven to be one of the most significant, effective, and easiest ways to reduce the spread of COVID-19.
- US CDC recommends that fully vaccinated people wear a face covering in public indoor settings in areas of [substantial or high transmission](#). This is in response to new evidence on the B.1.617.2 (Delta) variant currently circulating in the United States.

### Do I need to wear a face covering indoors? (7/28/2021)

- US CDC recommends that [fully vaccinated people](#) wear a face covering in public indoor settings in areas of [substantial or high transmission](#).
- Maine CDC recommends that anyone who is **not fully vaccinated** continues to wear a face covering in public indoor settings.
- US CDC requires that people wear face coverings in all forms of public transportation, such as planes, buses, and trains.
- US CDC specifically [recommends](#) that people wear face coverings in healthcare settings and in congregate living settings like jails and shelters.
- US CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status.

### Do I need to wear a face covering outdoors? (5/21/2021)

- As of May 24, 2021, requirements to physically distance and wear face coverings in all outdoor public settings are eliminated.

### What does it mean to be fully vaccinated against COVID-19? (6/30/2021)

- You are considered fully vaccinated after at least 14 days following the completion of your COVID-19 vaccination series.
- For individuals who receive the two-shot Pfizer or Moderna vaccine, this starts after the second dose. For individuals receiving the single-shot Johnson and Johnson vaccine, this starts after the single dose.

### I am not fully vaccinated. Do I need to wear a face covering? (7/28/2021)

- US CDC guidance [recommends](#) that people age 5 and older wear face coverings while in indoor public settings until they are fully vaccinated.
- US CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status.
- Aside from vaccination, wearing a face covering remains one of the most effective ways of protecting yourself and your family against the virus that causes COVID-19.

### I am fully vaccinated. Do I need to wear a face covering? (7/28/2021)

- US CDC has [detailed guidance](#) for people who are [fully vaccinated](#).
- US CDC recommends that **fully vaccinated people** wear a face covering in public indoor settings in areas of [substantial or high transmission](#).
- People who are fully vaccinated could consider wearing a face covering in public places as an example to children until a vaccine is available to them but is not required.
- US CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status.

### When can I get a COVID-19 booster shot? (11/17/2021)

- Based on [recommendations from US CDC and US FDA](#) and current COVID-19 transmission in Maine, Maine CDC has made all Mainers age 18 or over who received the **Pfizer-BioNTech or Moderna COVID-19 vaccine** eligible to receive a booster dose at least six months after the second dose of their primary series.
- The US CDC advises that anyone age 18 and older who received the **Johnson & Johnson** COVID-19 vaccine are eligible for a booster vaccine 2 months or more after their initial vaccine.

- Eligible individuals may choose which vaccine they receive as a booster dose, allowing them to mix and match the vaccine type they receive as a booster dose.
- If you are immunocompromised, an additional COVID vaccine may be recommended for you. Talk to a healthcare provider to find out if this is right for you.
- Booster vaccines are widely available across the state at doctor's offices, pharmacies, and hospital clinics. Find a vaccination site [here](#) or call 1-888-445-4111.

#### Where can I get my 5 to 11-year-old child vaccinated? (11/4/2021)

- The US CDC recommends that children 5 to 11 years old be vaccinated against COVID-19 with the **Pfizer-BioNTech pediatric vaccine**.
- At this time, only the Pfizer-BioNTech pediatric vaccine is recommended for children 5 to 11 years of age.
- Contact your child's healthcare provider or your local pharmacy to ask about availability of the Pfizer-BioNTech pediatric vaccine. You can also find vaccine sites in Maine offering the pediatric vaccine [here](#).
- You can find more answers about the pediatric COVID-19 vaccine [here](#).

#### Can businesses, schools, or organizations require face coverings? (7/28/2021)

- Yes. Businesses and other organizations may adopt policies for their employees or clients that require wearing a face covering, require vaccination, or require proof of vaccination to avoid wearing a face covering.
- US CDC recommends universal indoor masking for all teachers, staff, students, and visitors to schools, regardless of vaccination status.

#### Can businesses, schools, or organizations require employees or visitors to be vaccinated against COVID-19? (9/17/2021)

- Yes, businesses and other organizations may adopt policies for their employees or clients that require vaccination, require wearing a face covering, or require proof of vaccination to avoid wearing a face covering.

#### Where can I report a business that is not enforcing COVID-19 prevention recommendations? (9/17/2021)

- If you have a complaint about how a business is handling COVID-19 prevention recommendations, first contact the management of the business to discuss your concerns.
- If you believe the **situation poses a public health risk**:
  - And the business is a restaurant, hotel/lodging operation, campground, youth camp, body artist, or public pool/spa: contact the [Maine CDC Health Inspection program](#).
  - For any other business, contact your [local health officer](#).

#### Where can I find US CDC's county COVID-19 data? (7/28/2021)

- Find US CDC's COVID-19 data tracker [here](#).
- As of July 27, 2021, US CDC recommends that **fully vaccinated people** wear a face covering in public indoor settings in areas of [substantial or high transmission](#). Fully vaccinated individuals may choose to wear a face covering regardless of level of transmission, especially if they are immunocompromised or at increased risk of severe disease or live with someone who is in this category.

#### Are there any cleaning recommendations to prevent COVID-19? (7/7/2020)

- 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](#).



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## Testing

### Where can I find a COVID-19 test in Maine? (9/17/2021)

- Visit [www.maine.gov/covid19/testing](http://www.maine.gov/covid19/testing) to find a list of testing sites in Maine.
  - This is not an all-inclusive list. Other healthcare facilities in Maine may offer testing. Maine CDC recommends that you call ahead to learn about test availability before visiting one of these sites.
- Maine CDC cannot guarantee test type or appointment availability at these sites. Please call ahead to ask questions about appointment availability, test type, and timing of results.
- For more information see “[Where can I get tested for COVID-19 in Maine?](#)”

### Will I be charged for a COVID-19 test? (9/17/2021)

- For sites funded by the State of Maine (Swab and Send sites or Walgreens stores offering antigen tests):
  - Will not charge the patient or bill insurance. They may still collect insurance information if available.
  - Find these sites [here](#).
- Commercial pharmacy locations offering PCR tests (like Walgreens and CVS):
  - Will bill insurance for those who are insured.
  - Will submit for reimbursement to Health Resources and Services Administration (HRSA) for those that are uninsured.
  - Individuals should not be billed directly for PCR testing.
- Independent healthcare providers, walk-in clinics, or hospitals:
  - May charge or bill insurance for COVID-19 testing. Those without insurance may be responsible for any charges.
  - Ask about cost when making an appointment or upon arrival for testing.

### Do I need a doctor’s order to get a COVID-19 test? (9/17/2021)

- Individuals do not need a doctor’s order to be tested at a Swab and Send site or commercial pharmacy supported by the State of Maine (find those sites [here](#)).
- Other types of testing sites may require a doctor’s order or for the individual to be symptomatic in order to test.
- Due to high testing demand, some sites may not provide testing for travel clearance.
- Call the testing site prior to scheduling or arrival for testing to find out if an order is needed.

### 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.

### What should I know about at-home COVID-19 testing? (10/1/2021)

- Find updated guidance for at-home, self-collected tests for COVID-19 [here](#).
- Maine CDC does not recognize at-home tests for surveillance purposes. Results of at-home tests are not reported to Maine CDC.
  - People who test positive via an at-home test are not exempt from quarantine for 90 days following a subsequent exposure. This is because their test result is not recognized by Maine CDC’s surveillance system. These individuals need to quarantine for each subsequent exposure after their positive test.
- Individuals who test positive with an at-home test but have ongoing exposure to a household member who is also positive will need to finish their [isolation](#) and then [quarantine](#) as well.
  - This means that if they have ongoing exposure, the individual will need to isolate and then quarantine after they are released from isolation as if they never tested positive.

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### Quarantine (for close contacts of a person with COVID-19)

#### What is a close contact? (9/17/2021)

- A 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)
- People who were in close contact with a COVID-positive person while they were symptomatic or up to 48 hours before their symptoms started (or if asymptomatic, starting 48 hours prior to specimen collection) should [quarantine](#).
  - If you are fully vaccinated, follow [this guidance](#).

#### What is the difference between isolation and quarantine? (9/17/2021)

- [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.
- [Isolation](#) means that you need to separate yourself from others because you **may be infected** with the COVID-19 virus. Isolate if you test positive for COVID-19 or are experiencing symptoms of COVID-19.

#### How do I know if I need to quarantine? (9/17/2021)

- You need to quarantine if you meet the criteria for being a [close contact](#) of a person with COVID-19 and are unvaccinated.
  - People who are [fully vaccinated](#) against COVID-19 do not need to quarantine even if they are a close contact.
- The person with COVID-19 should reach out to you to let you know about your exposure and need to quarantine. If the exposure happened at work, your employer may also reach out to you to notify you of your exposure.
- You may also receive a call or text from Maine CDC's contact tracing team to notify you of your exposure and need to quarantine.
  - Even if Maine CDC does not notify you, if a COVID-positive person lets you know that you need to quarantine, you should do so.

#### Do I need to quarantine if I am fully vaccinated? (11/4/2021)

- 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.
- US CDC recommends that fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 be tested 5-7 days after exposure. They should wear a face covering in indoor public settings for 14 days after the exposure or until they receive a negative test result.
- If a fully vaccinated close contact lives with the positive person, Maine CDC recommends that they test for COVID-19 every 5-7 days until they are no longer exposed, then test 5-7 days after the last date of exposure. The date of last exposure may be the day that the positive person is released from isolation.

### Will Maine CDC contact me if I am a close contact? (9/17/2021)

- Due to an increase in case volume, Maine CDC has focused its efforts to follow up with COVID-19 cases on a smaller range of ages or those who meet certain criteria. Depending on available resources and case levels, Maine CDC may follow up with other cases who do not meet these criteria.
- As a result, Maine CDC may not contact you to let you know of your exposure. This depends on if the COVID-positive person was investigated by Maine CDC and if they named you as a close contact.
- If a person with COVID-19, your employer, or your child's school notifies you of a COVID exposure, please follow the quarantine instructions regardless of whether you hear from Maine CDC.

### How do I quarantine? (not a healthcare worker, not fully vaccinated) (9/17/2021)

- If you are fully vaccinated, follow [these recommendations](#).
- People who were in close contact with a COVID-positive person while they were symptomatic or up to 48 hours before their symptoms started (or if asymptomatic, starting 48 hours prior to specimen collection) should **follow these [quarantine recommendations](#)**.
  - **Quarantine until 10 days after your last contact with the COVID case, then monitor for symptoms for 4 more days.**
  - Stay home. You cannot go out in public (for example to work, the grocery store, banks, gas stations, beaches, or parks).
    - You can leave quarantine for emergency or necessary medical care. If you are symptomatic, please call ahead.
    - 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.
  - 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.
- Get tested immediately upon finding out that you are a close contact **and** 5-7 days after your exposure.
  - The close contact does not need to get tested if they are **asymptomatic** and the exposure occurred more than 14 days after completing a COVID vaccination series.
  - The 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 a COVID case and they are not fully isolated from you, you should remain in quarantine until 10 days after they are released from isolation, then monitor for symptoms for 4 more days.
- Your employer can have stricter guidance and may want you to quarantine for 14 days before returning to work.
- You can leave quarantine once you meet the [release from quarantine criteria](#).
- Whether fully vaccinated or not, if you become symptomatic after close contact with a COVID-19 case, immediately [isolate](#) and call a healthcare provider.
- For other types of contact, please [follow this guidance](#) to determine the recommendation.

### How do I quarantine? (Healthcare worker) (11/4/2021)

- These guidelines apply for people who are considered healthcare workers.
- **Fully vaccinated** healthcare workers who are asymptomatic can continue to work and do not need to quarantine outside of work.
  - Employers may consider a 14-day work restriction for fully vaccinated healthcare workers who have underlying immunocompromising conditions.
  - If a fully vaccinated close contact lives with the positive person, Maine CDC recommends that they test for COVID-19 every 5-7 days until they are no longer exposed, then test 5-7 days after the last date of exposure. The date of last exposure may be the day that the positive person is released from isolation.
- Asymptomatic unvaccinated **healthcare workers** should 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.
- To quarantine:
  - **Quarantine until 14 days after your last contact with the COVID case.**
  - Stay home. You cannot go out in public (for example to work, the grocery store, banks, gas stations, beaches, or parks).
    - You can leave quarantine for emergency or necessary medical care. If you are symptomatic, please call ahead.
    - 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.
  - 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.
  - If you live in the same household as a COVID case and they are not fully isolated from you, you should remain in quarantine until 10 days after they are released from isolation, then monitor for symptoms for 4 more days.
- Get tested immediately upon finding out that you are a close contact **and** 5-7 days after your exposure.
  - The close contact does not need to get tested if they are **asymptomatic** and the exposure occurred more than 14 days after completing a COVID vaccination series.
  - The 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.

#### When can I leave quarantine? (9/17/2021)

- Leave quarantine when you meet the [release from quarantine criteria](#).
- **If you are a healthcare worker**, you can leave quarantine 14 days after your last contact with a COVID-positive person, as long as you are not symptomatic or test positive for COVID-19.
- **If you are not a healthcare worker**, you can leave quarantine 10 days after your last contact with a COVID-positive case but should continue to monitor for symptoms for 4 more days. If [you live in the same household as the COVID case](#), your quarantine period may be longer.
- If you are vaccinated, follow [this guidance](#).

#### If I live with a COVID-positive person, when can I leave quarantine? (10/22/2021)

- **If you are unvaccinated** and live in the same household as a COVID case and they are not fully isolated from you, remain in quarantine until 10 days after they meet the [criteria to be released from isolation](#). Then monitor for symptoms for 4 more days.
  - This means you could remain in quarantine for 20 days or more, depending on how many household members have COVID and they are released from isolation.
- **If you are fully vaccinated**, you do not need to quarantine if you live in the same household as a COVID case. You should continue to wear a face covering in public indoor settings while the household member is in isolation and for 14 days after they are released from isolation.
  - Maine CDC recommends that you test for COVID-19 every 5-7 days until you are no longer exposed, then test 5-7 days after the last date of exposure. The date of last exposure may be the day that the positive person is released from isolation.

#### What should I do if I had contact with someone who is a close contact of someone with COVID-19? (11/20/2020)

- 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.

I was in quarantine for being a close contact. Can I get a release from quarantine letter for my employer? (4/13/2021)

- Maine CDC does not provide release from quarantine letters.
- You should work with your employer to determine when you meet [criteria to leave quarantine](#) and safely return to work.

If I already had COVID-19, do I need to quarantine if I am a close contact of a positive COVID-19 case? (6/22/2021)

- 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, as long as 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.
  - This **does not apply** to individuals with a positive at-home COVID-19 test.
- 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.

Who decides how long people must quarantine in Maine? (10/27/2021)

- Public health policies, such as quarantine length, are determined by local health authorities and are based on the latest available science from the [U.S. Centers for Disease Control and Prevention \(U.S. CDC\)](#). According to the U.S. CDC, "Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs." In Maine, the "local public health authority" is the Maine CDC.
- The Maine CDC's [Standard Operating Procedure \(SOP\) on the Investigation of COVID-19 in Pre-K-12 Schools](#) sets forth Maine CDC's recommendations for prevention and management of COVID-19 in school settings. But where a particular public health policy applies generally to everyone in the state, regardless of age or setting, only the Maine CDC may establish the policy (e.g., quarantine or isolation length). For matters that are internal to a school setting, the school system itself may set the guidance. Schools must adhere to Maine CDC's uniform, statewide quarantine policy.

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## Isolation (for people who have COVID-19)

What is the difference between isolation and quarantine? What is involved? (12/29/2020)

- [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.
- [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.

How do I know if I need to isolate? (9/17/2021)

- You should [isolate](#) if you test positive for COVID-19 on any antigen or PCR test **OR** if you are experiencing [COVID-19 symptoms](#).
- The healthcare provider or testing site that collected your specimen should contact you to let you know the results of your test. If you test positive, isolate immediately.
- Maine CDC may contact you if you test positive to collect more information about your symptoms, exposure, and close contacts. You do not need to contact Maine CDC to report your own results.

### I tested positive for COVID-19. Now what should I do? (9/17/2021)

- Regardless of your vaccination status, as soon as you find out about your positive test result **OR** when you start experiencing symptoms (whichever is sooner), you should [isolate](#).
- Notify your [close contacts](#) who are not fully vaccinated to let them know about their exposure and need to quarantine. You can find more information about this in the [COVID-19 information packet](#).
- Maine CDC may call you to gather information about your symptoms, exposures, and close contacts. It is important that you answer this call.

### Do I need to isolate if I am fully vaccinated? (9/17/2021)

- Yes, regardless of vaccination status, if you develop any [symptoms of COVID-19](#) or test positive on any antigen or molecular COVID-19 test, you should isolate immediately.

### How do I isolate? (9/17/2021)

- Stay home. You cannot go out in public (for example: to work, grocery stores, banks, gas stations, beaches, parks, etc.).
- Ideally, have zero contact with anyone else, including household members.
  - If you cannot isolate completely, still practice social distancing and other prevention measures as much as possible in the house.
  - If you are unable to completely isolate from household members, they may need to remain in quarantine for longer. Household members should follow [this quarantine guidance](#).
- You cannot have visitors while you are isolating.
- You can leave isolation for emergency and necessary medical care. Please call ahead and let the facility know that you are COVID positive or experiencing symptoms.
- Ending isolation:
  - For an **asymptomatic person** who tested positive: stay in isolation until
    - at least 10 days passed since the date that your first positive specimen was collected **AND**
    - You continue to have no symptoms.
    - If you develop symptoms during isolation, you need to restart your isolation and follow the guidance for symptomatic people below.
  - For **people with COVID-19 symptoms**: stay in isolation until
    - At least 10 days passed since your symptoms first appeared **AND**
    - You had no fever for at least 24 hours (without using fever-reducing medication) **AND**
    - Your other symptoms are improved (with exception of loss of taste and smell, which may linger for months)

### When can I leave isolation? (9/17/2021)

- You can leave isolation when you meet the [criteria for release from isolation](#).
- For an **asymptomatic person** who tested positive: stay in isolation until
  - at least 10 days passed since the date that your first positive specimen was collected **AND**
  - You continue to have no symptoms.
  - If you develop symptoms during isolation, you need to restart your isolation and follow the guidance for symptomatic people below.
- For **people with COVID-19 symptoms**: stay in isolation until
  - At least 10 days passed since your symptoms first appeared **AND**
  - You had no fever for at least 24 hours (without using fever-reducing medication) **AND**



- Your other symptoms are improved (with exception of loss of taste and smell, which may linger for months)
- [Specific criteria](#) are available for healthcare workers with confirmed or suspected COVID-19 for release from isolation.

#### How do I know who my close contacts are? (9/17/2021)

- You can see the definition of a close contact [here](#).
- For more information on identifying your close contacts and what to tell them, see this [COVID-19 informational packet](#).

#### Do I need to tell my close contacts about their exposure to COVID-19? (10/22/2021)

- Yes, you should notify your close contacts about their exposure.
  - Unvaccinated close contacts need to [quarantine](#) and should get tested 5-7 days after their last exposure.
  - Fully vaccinated close contacts do not need to quarantine but should get tested 5-7 days after their last exposure. They should also wear a face covering in all indoor public settings.
- You can find more information on how to identify your close contacts and what information to share in this [COVID-19 informational packet](#).
- If a Maine CDC case investigator reaches out to you, you should also share the names and contact information for your close contacts with the investigator.

#### Will Maine CDC contact me about my positive test result? (9/17/2021)

- Due to an increase in case volume, Maine CDC has focused its efforts to follow up with COVID-19 cases on a smaller range of ages or those who meet certain criteria. Depending on available resources and case levels, Maine CDC may follow up with other cases who do not meet these criteria.
- As a result, Maine CDC may not contact you if you test positive. **It is very important that you notify your close contacts yourself and let them know about their exposure.**
  - Find more information about notifying your close contacts [here](#).

#### Why have I not heard from Maine CDC about my positive test result? (9/17/2021)

- Due to an increase in case volume, Maine CDC has focused its efforts to follow up with COVID-19 cases on a smaller range of ages or those who meet certain criteria. Depending on available resources and case levels, Maine CDC may follow up with other cases who do not meet these criteria.
- As a result, Maine CDC may not contact you if you test positive. **It is very important that you notify your close contacts yourself and let them know about their exposure.**
  - Find more information about notifying your close contacts [here](#).

#### What should I do if I already had COVID-19 within 90 days and become symptomatic again? (1/29/2021)

- 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.

### Why did I receive a text about a positive result? (12/29/2020)

- 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 directed to more information.

### How do I know if the positive result text from Maine CDC is legitimate? (12/29/2020)

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

### I had COVID-19 and was in isolation. Can I get a release from isolation letter for my employer? (4/13/2021)

- Maine CDC does not provide release from isolation letters.
- You should work with your employer to determine when you meet [criteria to leave isolation](#) and safely return to work.

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## COVID-19 Information for Businesses, Schools, and Childcare Facilities

### Where can I find information about the COVID-19 response in schools? (9/17/2021)

- The Maine Department of Education has a [COVID-19 toolkit](#) available to share information about the COVID-19 response in schools.
- For more information about how schools respond to positive cases, see the [Standard Operating Procedures for Responding to a Positive Case in Schools](#).

### Why does the quarantine guidance that the school told me for my child differ from the general guidance? (9/17/2021)

- The quarantine guidance for students in Maine schools depends on multiple factors, including if the student is fully vaccinated, if they recently tested positive for COVID-19, if they participate in school pooled testing, and whether the school strictly enforces a mandatory masking policy.
- If students meet certain criteria, they may be allowed to continue attending school and school-based activities if they are close contacts, though they may still need to quarantine when outside of school.
- You can find more information in the [Standard Operating Procedures for Responding to a Positive Case in Schools](#).
- **Please contact your school with questions about why specific guidance was given for your student.**

### What do I need to do if one of my employees tests positive for COVID-19? (9/17/2021)

- The employee needs to immediately [isolate](#) at home. If the employee is at work when notified of the positive result, please send them home immediately.
- Gather the names of [close contacts](#) of the positive employee. While maintaining the confidentiality of the positive employee as much as possible, notify the close contacts of their exposure. Unless fully vaccinated, these employees need to [quarantine](#).
- Inform other employees who do not meet the definition of close contact of their potential exposure, while maintaining the confidentiality of the positive employee, and advise them to monitor for symptoms for 14 days.
- [Clean and disinfect](#) the workplace around the employee's workstation, including high-touch shared surfaces.
- In most cases, closing the facility is not necessary, providing you can maintain staffing needs while employees isolate or quarantine appropriately.



- Make sure you have a policy in place to support employees who must isolate, quarantine, or care for sick family members.
- Find more information in the [COVID-19 Packet for Businesses](#) and [“What should I do if my employee tests positive”](#).

#### If one of my employees tested positive for COVID-19, do I need to report it to Maine CDC? (9/17/2021)

- 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.
- If you do not fall into one of the above categories, you are not required to report COVID-19 positive cases to Maine CDC.

#### If one of my employees tested positive for COVID-19, should I notify the rest of my employees? (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.

#### Do I need to close my business if an employee is positive for COVID-19? (9/17/2021)

- In most cases, closing your facility is not necessary, provided you can maintain staffing to operate safely while employees follow appropriate [isolation](#) and [quarantine](#) guidance.

#### I run a childcare facility. What do I need to do if a staff member or child tests positive for COVID-19? (9/17/2021)

- Any person who tests positive for COVID-19 should isolate immediately. If the positive case is in your facility when they receive results, they should go home to isolate as soon as is safely possible.
- Collect the names of children and staff who are close contacts. While maintaining the confidentiality of the positive person as, notify the close contacts of their exposure. Unless fully vaccinated, these close contacts need to [quarantine](#).
- Inform other staff and parents of children who do not meet the definition of close contact of their potential exposure, while maintaining the confidentiality of the positive person, and advise them to monitor for symptoms for 14 days.
- Find guidance on who should isolate and quarantine in your facility in [“Who can be in my facility?”](#)
- [Clean and disinfect](#) the facility, including high-touch shared surfaces.
- Closing the facility is not necessary, providing you can maintain staffing needs for safe operation while staff isolate or quarantine appropriately.
  - Make sure you have a policy in place to support staff who must isolate, quarantine, or care for sick family members.
- Find more information in the [COVID-19 Packet for Childcare Facilities](#) and [“What should I do if a child or staff member tests positive”](#).

#### I run a childcare facility. What do I need to do if a parent of a child tests positive for COVID-19? (9/17/2021)

- Follow the guidance in the [COVID-19 Packet for Childcare Facilities](#) and [“What should I do if a child or staff member tests positive”](#).

My employee is in isolation/quarantine. Should I require a release letter to let them come back to work? (4/13/2021)

- No. Maine CDC does not provide release from isolation/quarantine letter.
- You should work with your employee directly to determine when it is safe for them to return to work.
- 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.

Should I require retesting or a negative test result for my employee to come back to work after they had COVID-19? (9/17/2021)

- Maine CDC does not recommend retesting or requiring a negative test result for employees to return to work.
- This is because a person who had COVID-19 may continue to test positive for the virus for up to 90 days without being infectious.

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## Daily Life and COVID-19

I need help with rent assistance/evictions due to COVID-19. Who can I contact? (12/21/2020)

- Visit [www.mainehousing.org/covidrent](http://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 resources. How can I get help? (9/17/2021)

- Fill out this [referral form](#) for assistance with groceries, medications, and other resources while in COVID-19 isolation or quarantine.

How can I cope with stress during a COVID-19 outbreak in my community? (4/22/2020)

- 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.
- 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.

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## Travel

What are Maine's policies for domestic travel for non-healthcare workers? (5/13/2021)

- Maine moved to an "All states exempt unless specified" approach to travel quarantine. This means that travelers from or returning from exempt states are not required to test or quarantine upon arrival.
- Testing is still recommended.
- The list of non-exempt states can be found [here](#).

What are Maine's policies for international travelers coming to Maine for non-healthcare workers? (5/13/2021)

- 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](#).

#### What are Maine's policies for domestic travel for healthcare workers? (5/13/2021)

- If fully vaccinated:
  - Healthcare worker can return to work and continue to practice source control, physical distancing, hand hygiene, and respiratory hygiene.
- If not fully vaccinated:
  - Healthcare worker should not return to work for 14 days, regardless of COVID-19 test result. If the facility is unable to maintain safe operations without the healthcare worker, the healthcare worker can return to work, but must follow these guidelines:
    - Face covering must be worn at all times while at work for 14 days. The healthcare worker can only remove the face covering for food/drink when outside or in a private room with the door closed and no other occupants.
    - Maintain physical distancing.
    - Practice hand and respiratory hygiene.
- If the healthcare worker is ill after travel or becomes ill within 14 days after return, they must stay home or immediately leave the workplace.
- View this [healthcare travel decision tree](#) for more information about work restrictions after travel.

#### What are Maine's policies for international travel for healthcare workers? (5/13/2021)

- If fully vaccinated:
  - Healthcare worker can return to work and continue to practice source control, physical distancing, hand hygiene, and respiratory hygiene.
  - COVID-19 testing is recommended at 3-5 days after arrival to U.S. from international travel.
- If not fully vaccinated:
  - Healthcare worker should not return to work for 14 days, regardless of COVID-19 test result. International travel has an increased risk in exposure to SARS-CoV-2 variants. If the facility is unable to maintain safe operations without the healthcare worker, the healthcare worker can return to work, but must follow these guidelines:
    - Face covering must be worn at all times while at work for 14 days. The healthcare worker can only remove the face covering for food/drink when outside or in a private room with the door closed and no other occupants.
    - Maintain physical distancing.
    - Practice hand and respiratory hygiene.
- If the healthcare worker is ill after travel or becomes ill within 14 days after return, they must not report to work or immediately leave the workplace.
- View this [healthcare travel decision tree](#) for more information about work restrictions after travel.

### What type of test do I need to get if I am coming to Maine from outside the United States? (4/30/2021)

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

### What are Maine's policies for individuals who are fully vaccinated and traveling to Maine? (7/28/2021)

- Individuals who have completed a COVID-19 vaccination series and are more than 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement.
- US CDC recommends that fully vaccinated people wear a face covering in public indoor settings in areas of [substantial or high transmission](#).

### I need a specific COVID-19 test type (PCR, antigen) to travel. Where can I find a test? (9/17/2021)

- Visit [www.maine.gov/covid19/testing](http://www.maine.gov/covid19/testing) to find a list of COVID-19 testing sites. This is not an all-inclusive list.
  - Maine CDC cannot guarantee the availability of appointments, test type, or timing of results at these sites. Call ahead to learn more from the site before arriving for a test.
- Maine has seen recent dramatic increases in demand for COVID-19 testing. If you know that you need a test for travel, make an appointment as soon as possible. Some sites may not provide testing for travel clearance due to high demand.

### What kind of COVID-19 test do I need to go to Canada? (9/17/2021)

- Find information about COVID testing prior to going to Canada [here](#).

### I cannot find a COVID-19 test for travel. What should I do? (11/23/2021)

- Due to high testing volume at this time, [state-sponsored COVID-19 testing sites](#) are not currently providing testing for travel clearance. Maine CDC does not keep an updated list of all testing sites in the state.
  - Check with local pharmacies, urgent cares, and healthcare providers for testing availability in your area. Call ahead as soon as possible to schedule your test.
  - It is up to the discretion of individual pharmacies and healthcare providers to offer testing for travel purposes.
- Maine has seen recent dramatic increases in demand for COVID-19 testing. If you know that you need a test for travel, make an appointment as soon as possible. Some sites may not provide testing for travel clearance due to high demand.

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