

COVID-19: Quarantine

Who Should Quarantine:



- Someone who had close contact with someone who has COVID-19



- Travelers from non-exempt states or returning from international travel



- Someone who is awaiting test results

What Does Quarantine Mean:



- **For someone who had close contact:** Stay home for 10 days after your last contact with someone who has COVID-19, then monitor for symptoms for 4 more days. A negative test result does not get you out of quarantine.
- **For travelers:** Stay home for 10 days upon entering Maine then continue to monitor for symptoms for an additional 4 days OR stay home until you receive a negative PCR or antigen test result.
- **For someone awaiting test results:** If negative, then you can leave quarantine 24 hours after symptoms resolve. If positive, then you will need to go into isolation.



- Check your temperature twice a day and monitor for symptoms.



- 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 quarantine for necessary and emergency medical care. If you are symptomatic, please call ahead.