





# Ending COVID-19 Isolation in Non-Healthcare Settings

<p><b>If you tested positive for COVID-19 and:</b></p>	<p><b>You can leave your “sick room” and home when:</b></p>
<p><b>Had COVID-19 symptoms and are caring for yourself at home:</b></p> 	<ul style="list-style-type: none"><li>✓ At least 10 days passed since your symptoms first appeared, <b>AND</b></li><li>✓ Had no fever for at least 1 day (24 hours of no fever without the use of medicine that reduces fever), <b>AND</b></li><li>✓ Other symptoms are improved (example: cough or shortness of breath).</li></ul>
<p><b>Never had any symptoms and are caring for yourself at home:</b></p> 	<ul style="list-style-type: none"><li>✓ At least 10 days passed since the date of your first positive COVID-19 diagnostic test, <b>AND</b></li><li>✓ You continue to have no symptoms (example: no cough or shortness of breath) since the test.</li></ul>

**Maine CDC must release you from isolation prior to leaving your “sick room” and home.**



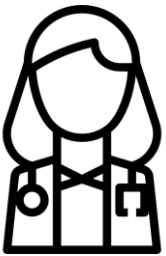
# Ending Quarantine and Return to Work if You Are Exposed to a COVID-19 Case



**Household Contact:** Self-quarantine and monitor for symptoms while COVID-19 case is home sick and for 14 days after they are released from isolation.



**Non-Household Contact:** Self-quarantine and monitor for symptoms until 14 days after the date of last contact with the COVID-19 case.



**Healthcare Personnel:** Asymptomatic healthcare personnel should self-quarantine for 14 days if the healthcare facility can function without them. If the facility would close without them, they can continue to work as long as they:

- Are not sick.
- Monitor for symptoms.
- Follow quarantine guidelines outside of work.
- Wear a mask.
- Keep a 6-foot distance as much as possible.



**Critical Infrastructure:** Personnel considered critical infrastructure workers by US CDC may continue to work following potential exposure if they do not have any symptoms and take additional precautions prior to and during their work shift. Follow US CDC recommendations for [critical infrastructure workers \(non-healthcare\)](#).