COVID-19: Quarantine

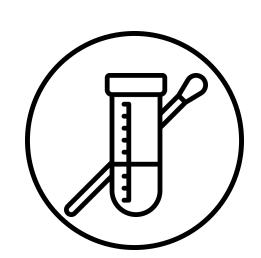
Who Should Quarantine:



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



Travelers from non-exempt states or returning from international travel



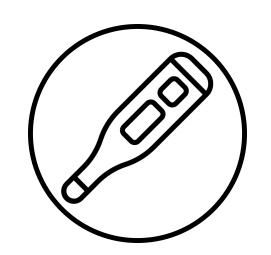
Someone who is awaiting test results

What Does Quarantine Mean:

• For someone who had close contact: Stay home for 14 days after your last contact with someone who has COVID-19. A negative test result does not get you out of quarantine.



- For travelers: Stay home for 14 days upon entering Maine or until you receive a negative PCR 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.



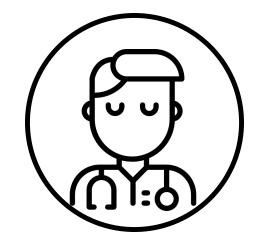
Check your temperature twice a day and monitor for symptoms.



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.

