

# How to count the days for isolation for patients who are COVID+

## Important dates to know - CASES

- **Last Date of Isolation** – this is the last day that a case must be separated from everyone
  - If **no** symptoms Last Date of Isolation is 10 days after test collected.
  - If symptoms Last Date of Isolation is 10 days after symptoms started AND no fever for 24 hrs.



If there is a question about the length of isolation or quarantine, the final decision will be made by the Maine CDC case investigator in consultation with the school nurse contact tracing team

\*In some cases, isolation and quarantine times may be longer including for those who are severely ill with COVID-19 or immunocompromised

[Maine CDC Packet on COVID](#)

# How to count the days of quarantine for family members of patients who are COVID+

Children and family members who are not fully vaccinated and are living with a household member who is COVID+, need to self-quarantine and monitor for symptoms while the COVID-19 case is home sick. Once the case is released from isolation, the child/family members would quarantine for 10 additional days, then continue to monitor for symptoms for 4 days.

Links to posters to explain timing:

[What to Do if You Have Had Close Contact With a Person With COVID-19 \(maine.gov\)](#)

[Ending COVID-19 Isolation in Non-Healthcare Settings \(PDF\)](#)

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