## 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 <u>case</u> 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+

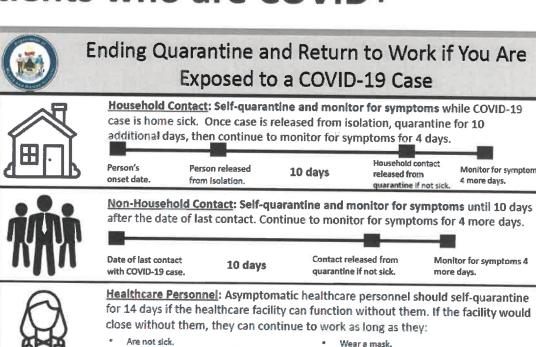
Children and family members who are not fully vaccinated and are living with a household member who is COVID+, need to self-quarantine and monitor for symptoms while the COVID-19 case is home sick. Once the case is released from isolation, the child/family members would quarantine for 10 additional days,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

| Français | Português | Soomaali | عربي



Monitor for symptoms.

Follow quarantine guidelines outside of work.

**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).

Monitor for symptoms

4 more days.

Keep a 6-foot distance as much as possible.