



Keep Maine Healthy

What to Do if You Have Had Close Contact With a Person With COVID-19

To protect yourself, your family, and your community, you must separate yourself from others, get tested and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, fatigue, nausea, vomiting, diarrhea, sore throat, nasal congestion, runny nose or loss of taste or smell. Follow these instructions for at least 10 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others (Self Quarantine)



Stay home. If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home. Do not have visitors in your home.



Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, anyone who works with people living in long-term care or group homes, and people with health conditions like diabetes, heart disease, severe obesity, COPD, cancer, individuals who smoke and those who have weakened immune systems.



Separate yourself from other people in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bedroom and bathroom, if available. Avoid eating with others and do not share food even with your family.



Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



Wear a facemask if you need to be around other people, even around members of your own family, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

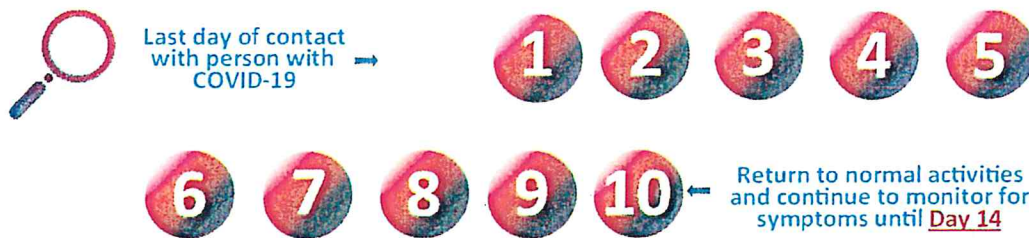


Get tested Contact your health care provider or visit the www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing to find testing times and locations near you. Get tested, ideally within 5-7 days of being exposed to someone with COVID-19, even if you do not have symptoms.

Stay home

It is possible to get COVID-19 up to 14 days after having contact with someone who has COVID-19 and give to others even if you don't feel sick, though the chances of getting and spreading the disease decrease significantly after 10 days if you haven't developed symptoms that suggest you have COVID-19.

The US CDC now recommends that you stay home and away from others, ideally for 14 days, but you can also choose to end your quarantine after 10 days if you do not develop any symptoms suggestive of COVID-19. Please note that it can take several days for COVID symptoms to develop, so you need to stay home for at least the full 10 days, even if you test negative during that time.



FILL IN YOUR INFORMATION TO KNOW WHEN YOU CAN GO BACK TO YOUR NORMAL ACTIVITIES.

I last saw the person with COVID-19 on _____ (fill in date). This means I need to stay home and away from others through _____ (10 days after last day of contact with the person with COVID-19).

After stopping quarantine, you should still...

- Watch for symptoms until 14 days after exposure
- If you develop symptoms, immediately self-isolate and contact your healthcare provider
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID

There is help If you foresee any challenges in staying at home for your quarantine, you can request free support from local community agencies to assist you with what you might need. Examples of such support might include: food, food delivery, medication delivery, housing in hotel, rent support, or other services during your quarantine.

For questions email: dhhs.covidsocialsupport@maine.gov

To make a Referral for Community Supports visit: <https://www.maine.gov/dhhs/form/covid-19-referral-form>

Materials have been adapted from the Minnesota Department of Health.

www.maine.gov/covid19/restartingmaine/keepmainehealthy | Call Maine 211 | Contact info@211maine.org

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