
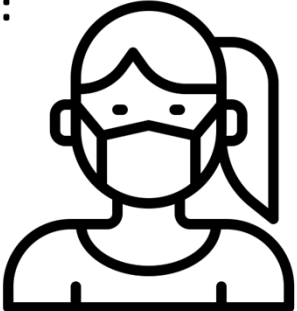




# Ending COVID-19 Isolation in Non-Healthcare Settings

If you tested positive for COVID-19 and:	You can leave your “sick room” and home when:
<p>Had COVID-19 symptoms and are caring for yourself at home:</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 3 days (72 hours of no fever without the use of medicine that reduces fever), <b>AND</b></li><li>✓ Other respiratory symptoms are improved (example: cough or shortness of breath are improved).</li></ul>
<p>Never had any symptoms and are caring for yourself at home:</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.**