

I've tested positive for COVID-19. Now what?

Updated: March 17, 2022
Developed by the Maine Center for
Disease Control & Prevention

Regardless of vaccination status: **Isolate except to seek medical treatment.**

Early treatment can be instrumental in preventing severe disease. Even if your symptoms are mild, seek treatment from your provider or a "test & treat" facility.
More info: maine.gov/covid19/treatment

Stay home for 5 days.

No symptoms, or resolving symptoms?

Worsening or persistent symptoms?

If you have no symptoms, or your symptoms are resolving - including no fever for at least 24 hours without medication - and you've isolated for 5 days, you can leave your house.

Stay home until you have no symptoms or your symptoms are resolving AND until 24 hours after your fever resolves without the use of medications, THEN you can leave your home.
For questions about your symptoms: Call your healthcare provider.

Continue to wear a mask around others until 10 days post infection.

For more information, please see the U.S. CDC FAQ on this guidance.

Did you take an antigen test on day 5?

Yes.

No.

If negative

If positive:

Continue to isolate for another 5 days.