

This guidance is for the general public. [Healthcare related guidance is here.](#)

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Developed by the Maine Center for Disease Control & Prevention

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

Regardless of vaccination status: **Isolate**

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.

Did you take an antigen test on day 5?

Yes.

No.

Continue to wear a mask around others for 5 days.

If positive:

Continue to isolate for another 5 days.

If negative

For more information, please see the [U.S. CDC FAQ on this guidance.](#)