

Per the CDC, fourteen (14) days of self-isolation is required for:

- Any traveler to the U.S. (returning or coming for the first time) from any country under a CDC Warning Level 3, regardless of whether that direction is specifically given to them at the U.S. point of entry; <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
- any student or employee who had **direct** contact with someone who has tested positive for COVID-19;
- any student or employee who has had **direct** contact with someone who is under care for suspected exposure to COVID-19.
- anyone who is under direction from a medical provider or appropriate medical authority to do so.

Per Maine CDC, six (6) days of self-isolation is recommended for:

- Those returning from high-impact areas, because symptoms start appearing 4-6 days after exposure. Maine CDC recommends taking steps to minimize interactions with others for six (6) days upon your return. Employees should contact their manager/supervisor to discuss accommodations and planning return to work.
- High impact areas include areas with known COVID-19 cases or community transmission of the disease. This includes domestic travel to areas with a known outbreak of COVID-19 and where use of mass transportation increases risk of potential exposure. Refer to the CDC for state specific data: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>. If you are unsure about whether or not 6 days of self-isolation may be required, contact your healthcare provider.

If you are unsure or worried that you may have been exposed to COVID-19, please contact your medical provider for guidance. It is prudent to self-isolate until a medical provider has provided additional guidance.

If you are in the same household as someone who is isolating, consult with your healthcare provider to determine if you also need to follow isolation protocols.

For instructions on how to self-isolate reference:

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

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