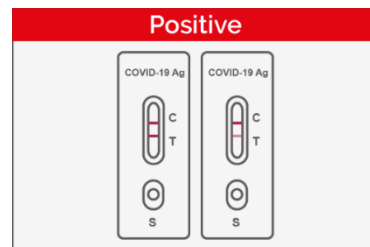


My test is positive – what do I do now?

For a rapid antigen home test, a positive test result shows
TWO LINES on the test card.

*REMEMBER: The second line can be faint. And you do **not** need to take another test to confirm the result*



What to do when you test Positive for COVID:

- ✓ **ISOLATE:** Stay at home for **5 days**. EVERYONE should do this, no matter if vaccinated or not.
- ✓ **PROTECT OTHERS:** Isolate as much as possible from others in your household. Do not share personal items. Wear a well-fitted mask when around others at home (and your household members should wear a mask as well). After your 5 days of isolation are over, you can leave the house but wear a mask when in public and around others until day 10.
- ✓ **FIND TREATMENT:** Don't wait! Treatment is available for COVID, such as a pill called "Paxlovid" that can help your symptoms stay mild. BUT, treatment should start within 5 days of symptoms. Contact a health professional to see if you should get treatment.
- ✓ **FIND SUPPORT:** Do you need shelter, food or other support while sick with COVID? Help is available! You can call **2-1-1**, email DHHS.COVIDSocialSupport@maine.gov, or fill out the **COVID-19 Referral Form** (<https://www.maine.gov/dhhs/form/covid-19-referral-form>).

How do I count the 5 days of isolation?

If you have symptoms: Day 1 is the first full day after your symptoms started.

If you have NO symptoms: Day 1 is the first full day after you tested positive. If you develop symptoms within 10 days of testing, your 5 day isolation starts again (with Day 1 being the first full day after your symptoms started).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Symptoms Start** Day 0
2 Day 1	3 Day 2	4 Day 3	5 Day 4	6 Day 5	7 Leave Isolation	8
9	10	11	12	13	14	15