

2019 Coronavirus (COVID-19) Frequently Asked Questions*

*Information is current as of 3/7/2024 and is subject to change

Please note: Text in this color denotes information updated since the last version of this document

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About COVID-19

What are the symptoms of COVID-19 and when do they appear? (12/16/2020)

- Signs and symptoms include:
 - Fever or chills.
 - Cough.
 - Shortness of breath or difficulty breathing.
 - Fatigue.
 - Muscle or body aches.
 - Headache.
 - New loss of taste or smell.
 - Sore throat.
 - Congestion or runny nose.
 - Nausea or vomiting.
 - Diarrhea.
- Seek medical attention right away if you experience any of these emergency warning signs for COVID-19:
 - Trouble breathing.
 - Persistent pain or pressure in the chest.
 - New confusion.
 - Inability to wake or stay awake.
 - Pale, gray, or blue colored skin, lips, face, or nail beds depending on skin tone.
- Symptoms may appear 2-14 days after exposure to the virus.

How long can someone test positive for COVID-19 after recovering? (3/7/2024)

- You [may continue to test positive for COVID-19](#), especially on PCR tests, for up to 90 days after your symptoms first started.

What is the medical treatment for people affected by COVID-19? (1/12/2024)

- Talk to a health care provider about what [treatment options](#) may be right for you.

Where can I find information about COVID-19 variants in the United States? (9/5/2023)

- Find information on COVID-19 variants in the United States [here](#).

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Prevention and Vaccines

How can I prevent getting COVID-19 or other respiratory illnesses? (3/7/2024)

- Core prevention strategies:
 - Stay [up-to-date](#) on immunizations.
 - [Wash your hands](#) often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover your mouth and nose with a tissue when you [cough or sneeze](#).
 - [Clean frequently touched surfaces](#), like counters, handrails, and doorknobs.
 - Take steps for [cleaner air](#).
 - [Stay home if you are sick](#) as much as possible. Avoid close contact with others, even people in your own home.
- Additional prevention strategies:
 - [Wear a face mask](#) to protect yourself and others.

- [Avoid close contact](#) with people who are sick.
- [Test for respiratory viruses](#) if you feel sick to help you decide what to do next.

Where can I get a COVID-19 vaccine in Maine? (9/5/2023)

- Contact a health care provider or local pharmacy to find a COVID-19 vaccine near you. You can also visit [this locator](#).

How do I know if I am up to date on COVID-19 vaccine? (4/27/2023)

- Talk to your health care provider and visit "[Stay Up to Date with Your Vaccines](#)" to find out if you are up to date.

Are there any cleaning recommendations to prevent COVID-19? (3/7/2024)

- Find cleaning recommendations for COVID-19 [here](#).

When should I wear a mask? Should I wear a mask if _____? (3/7/2024)

- Wearing a mask can help lower the risk of spreading respiratory viruses like COVID-19 and the flu. Wearing a mask can help protect you and other people around you, especially people at high risk for severe illness.
- Use this saying: "If you have to ask, wear a mask."

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Testing

Where can I find a COVID-19 test in Maine? (9/5/2023)

- Many health care providers and pharmacies offer testing. Call ahead to ask if testing is available before visiting.
- Some health insurance companies offer reimbursements when you purchase at-home COVID-19 tests. Check with your insurance company to find out about their policy.

Where can I find information on updated expiration dates for at-home COVID-19 tests? (3/7/2024)

- To check the current expiration date of your at-home COVID-19 test, click [here](#).
- You can dispose of expired COVID-19 tests in your household garbage.

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If you are exposed to COVID-19

What should I do if I am exposed to someone with COVID-19? (3/7/2024)

- Take these prevention steps if you were around someone who was sick:
 - Stay [up-to-date](#) on immunizations.
 - [Wash your hands](#) often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover your mouth and nose with a tissue when you [cough or sneeze](#).
 - [Clean frequently touched surfaces](#), like counters, handrails, and doorknobs.
 - Take steps for [cleaner air](#).
 - [Stay home if you are sick](#) as much as possible. Avoid close contact with others, even people in your own home.
 - [Wear a face mask](#) to protect yourself and others.
 - [Avoid close contact](#) with people who are sick.

- [Test for respiratory viruses](#) if you feel sick to help you decide what to do next.
- If you are a **health care worker**, **work with your employer to determine if you need to stay out of work based on [this guidance](#)**.

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If you feel sick

I have COVID-like symptoms. What should I do? (3/7/2024)

- [Stay home if you are sick](#) as much as possible. Avoid close contact with others, including people you live with who are not sick.
- Call your health care provider to discuss options.
- If you have an [emergency warning sign](#) (including trouble breathing), get emergency medical care immediately.
- [Test for respiratory viruses](#) to help you decide what to do next. This could include a COVID-19 test, as well as other tests that a health care provider can run for other illnesses.

I tested positive for COVID-19. Now what should I do? (3/7/2024)

- [Stay home if you are sick](#) as much as possible. Avoid close contact with others, including people you live with who are not sick.
- Call your health care provider to discuss options.
- If you have an [emergency warning sign](#) (including trouble breathing), get emergency medical care immediately.

When can I go back to normal activities after being sick? (3/7/2024)

- Go back to your normal activities when **BOTH** are true:
 - Your symptoms are getting better overall for at least 24 hours, **AND**
 - You have no fever for at least 24 hours (without using fever-reducing medication)
- Even when you feel better, **you may still be able to spread the virus that made you sick**. Take these added steps for the next 5 days after going back to normal activities when you will be around other people indoors:
 - [Wash your hands](#) often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if water and soap are not available.
 - [Clean frequently touched surfaces](#), like counters, handrails, and doorknobs.
 - [Take steps for cleaner air](#) if you have to be around other people.
 - [Wear a face mask](#) around others.
 - Put [extra space](#) between yourself and other people.
 - [Test for respiratory viruses](#) if you have to be around others, especially people at risk for severe illness.
- **Remember**, if you develop a fever or start to feel worse after you go back to normal activities, stay home and away from other people again. Stay home until you feel better and are fever free for 24 hours again.
- **If you live or work in a health care setting**, you may have [different guidelines](#) if you get sick.

I went back to my normal activities but then got sick again. What should I do? (3/7/2024)

- If you develop a fever or start to feel worse after you go back to normal activities, [stay home](#) and away from other people again. Stay home until you feel better and are fever free for 24 hours again.

Where can I find information on getting COVID-19 treatment (Paxlovid, etc.)? (1/12/2024)

- Talk to a health care provider for information on COVID-19 treatment. Find more information [here](#).

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COVID-19 Information for Schools, Childcare Facilities, and Daily Life

Where can I find information about COVID-19 in schools? (8/12/2021)

- Find updated K-12 school guidance [here](#).

I run a childcare facility. What do I need to do if a staff member, child, or parent tests positive for COVID-19? (4/27/2023)

- Follow [this guidance](#) for early childcare programs.

I need help connecting with health programs and resources in Maine. How can I connect with these resources? (1/10/2023)

- Maine DHHS [Community Care Program](#) helps Mainers connect to health programs, social services, and other resources across the state. This program is for everyone and is designed to help people who may experience barriers in accessing resources that they are eligible for.
- Fill out [this referral form](#) to get started.
- Note: This program does not provide access to emergency resources or services. If you have an urgent medical need or emergency situation, please call a health care provider, dial 911, or dial 988 for a mental health emergency.

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