

2022 COVID-19 Testing in Maine Schools

Parent/Staff Information for Home Test Kits

My school provided me with COVID19 Test Kits

How can I use these tests?

Approved Uses for Tests

1. Have symptoms consistent with COVID19:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. Close contact with someone with COVID19:
 - **Test at Home to Stay in School:** serial testing of asymptomatic unvaccinated students using at home tests who have been identified as a [close contact of a confirmed COVID-19 case](#). These tests should be self-administered or administered by the parent or guardian before the individual goes to school. Contact your school for specific instructions for frequency of testing and reporting results.
 - **Even with testing, close contacts** must wear a well-fitting mask at all times for 10 days following the COVID-19 exposure when around others indoors, except while eating or drinking.

A POSITIVE test should be reported to the school nurse or designated school person as soon as possible.

Follow the Maine CDC guidelines for isolation.

- **Isolation Chart** - <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-Isolation-Flow-Chart.pdf>

Follow package directions carefully to ensure accurate results.

Keep tests away from small children.

View the video that matches the name of your test below

- **Self-Testing Videos | CDC** <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing-videos.html>

Order more free tests for other family members from these sources:

United States Government: <https://www.covidtests.gov/>

State of Maine Project ACT: <https://accesscovidtests.org/>

For a person who has symptoms of COVID-19

1. Symptoms develop at school

If a student/staff develops symptoms at school, whether vaccinated or unvaccinated, test at school if available. Even if negative, they should go home. A home test may be used 48 hours later if symptoms continue. If positive, follow isolation guidelines. If negative, student/staff should stay home until symptoms are resolving and they are fever-free for 24 hours without the use of fever-reducing medications.

2. Symptoms develop at home

If a student/staff develops symptoms at home, whether vaccinated or unvaccinated, stay home and use a Home Test. Even if negative, they should stay home. A home test may be used 48 hours later if symptoms continue. If positive, follow isolation guidelines. If negative, student/staff should stay home until symptoms are resolving and they are fever-free for 24 hours without the use of fever-reducing medications.

3. Student/Staff tests positive

If any test for COVID-19 becomes positive, follow isolation guidelines.

- **Quarantine and Isolation Guidelines** - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

For a person who is a Close Contact

1. Student/staff that is a close contact of someone who tested positive for COVID-19

- Should test on day 5.
- A negative test does not release an individual from quarantine.
- If symptoms develop, test as soon as possible. If negative, repeat in 48 hours.
Home Test Information - <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>
- Stay home while sick - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

2. Someone in my house tested positive and cannot separate completely from other family members.

If student/staff is a continuous household exposure:

- Please test as soon as possible if staff/student develops any symptoms of COVID-19
- If no symptoms, test on day 5 of their positive family member's isolation.
- Individuals may test again 5 days after the last positive person's isolation ends. If there is more than one positive person in the household, consult with the school nurse for testing guidelines.
- A negative test does not release an individual from quarantine.

Quarantine and Isolation Guidelines - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>