

## COVID-19 Quarantine & Testing

Governor Mills has revised her plan to mitigate the effects of COVID-19. People traveling to Maine from out of state and to new locations within the State will be required to certify their status as falling into one of three categories:

1. They are traveling from Connecticut, New Hampshire, New Jersey, New York, or Vermont, in which case no self-quarantine or testing is required; or
2. They intend to self-quarantine for 14 days upon arriving in Maine; or
3. They have *either*:
  - a. Been tested negative for COVID-19 within 72 hours prior to arrival in Maine; or
  - b. Quarantined elsewhere in Maine for at least 14 days prior to arrival on North Haven.

**Notes:** We have received several questions about the details of this new alternative. Here is our guidance so far:

1. The North Haven Clinic does not have enough test kits to test people upon arrival on the island. **So if you would like to obtain a test as an alternative to self-quarantining for 14 days, please obtain that test before arriving on the island.**
2. The nasal swab test is the accepted test; antibody tests are still far from conclusive, so please obtain a nasal swab test if you prefer a test to the 14-day quarantine.
3. If you are tested before traveling to the island, but have not yet received the results, please self-quarantine until you receive the test results. Assuming the test is negative, you may emerge from quarantine immediately. If the results are positive, remain in quarantine and contact the Clinic for instructions. **Remaining in quarantine until you receive the test results applies to all members of your household and traveling companions - even if they received negative test results.**
4. You may obtain a Certificate of Compliance on Maine's Department of Economic and Community Development (DECD) [website](#). If you wish to stay in temporary lodging, please complete the form and have it available for your hosts.
5. **Timing:** The exemptions for people traveling from Connecticut, New Jersey, and New York go into effect Friday, July 3, 2020. The remaining provisions are already in effect.

Thank you for your cooperation.