ISOLATION INFORMATION FOR PEOPLE WITH COVID-19

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it while you are infectious. One way is **isolation**, which is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

WHEN TO ISOLATE

Regardless of vaccination status, you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.

If you test positive for COVID-19

If you have symptoms:
- Day 0 of isolation is the day of symptom onset

If you do not have symptoms:
- Day 0 is the day you were tested
- If you develop symptoms within 10 days of when you were tested, isolation restarts on the day symptoms began

If you test negative for COVID-19, you can end your isolation once you are fever-free for 24 hours and symptoms have improved.

HOW TO ISOLATE

You must **stay home for at least 5 days** and if possible, isolate from others in your home.

- ✓ Wear a mask if you must be around others.
- ✓ Do not travel.
- ✓ Separate from others as much as possible.
- ✓ Use a separate bathroom, if possible.
- ✓ Improve ventilation at home, if possible.
- ✓ Don't share personal household items (cups, towels, or utensils).
- ✓ Monitor your symptoms, and seek medical care if needed.

ENDING ISOLATION

If you did not have symptoms:
End isolation after **day 5.**

If you had symptoms:
End isolation after day 5 if:
- You are fever-free for 24 hours (without fever reducing medication)
- Your symptoms are improving

If you had moderate or severe illness:
End isolation after day 10

RECOMMENDED

If you can, wear a mask through Day 11.

Consider testing with an antigen test after Day 5 – if negative, you may remove your mask sooner.

Seek medical care if your symptoms get worse.