Isolation and Precautions for People with COVID-19

Regardless of vaccination status, you should isolate yourself from others when you have COVID-19. You should also isolate yourself if you are sick and suspect that you have COVID-19 but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

IF YOU TEST Negative - You can end your isolation

IF YOU TEST Positive - Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:
If you had no symptoms

    Day 0 is the day you were tested (not the day you received your positive test result)
    Day 1 is the first full day following the day you were tested

If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms

Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
Day 1 is the first full day after the day your symptoms started

End isolation based on how serious your COVID-19 symptoms were.

If you had no symptoms – You may end isolation after day 5.

If you had symptoms – You may end isolation after day 5 if:

You are fever-free for 24 hours (without the use of fever-reducing medication). Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

For more information: https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html

If you have been exposed to COVID-19 please follow these recommendations
https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html