

Isolation and Exposure Recommendations

If you test **positive for COVID-19**, regardless of vaccination status

Day 1–5
(Day 0 = day of test)



Stay home and wear a mask around others. If asymptomatic and you develop symptoms, restart your 5-day isolation period, with Day 0 being the first day of symptom onset.

Day 6–10



Wear a mask around others. If you have no symptoms or symptoms are improving, you can leave your home. If you got very sick or have a weakened immune system, consult your health care provider before ending isolation.

If you have a fever, continue to stay home until until 24 hours after fever resolves without fever-reducing medication.

If you were **exposed to COVID-19**, regardless of vaccination status.

Day 1–10
(Day 0 = day of exposure)



Monitor for symptoms and consider wearing a mask around others, especially individuals at higher risk for complications.

Day 5



Consider testing on Day 5. If you develop symptoms at any time, test immediately and stay home.