

# I've already had COVID-19.

## Do I need to isolate or quarantine again?



**The following guidance is intended for unvaccinated individuals.**

If you have been fully vaccinated against COVID-19, visit [www.dhs.wisconsin.gov/covid-19/vaccine-after.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine-after.htm) for information.



When you get COVID-19, your body develops antibodies and immune cells to fight against the infection. They stick around after you've recovered and provide some ongoing protection against COVID-19.



Based on the most recent scientific research, we suspect that people who have recovered from COVID-19 have some protection against COVID-19 for roughly 90 days.



Since SARS-CoV-2, the virus that causes COVID-19, is a new virus we are not sure how long immunity lasts or how to accurately measure it in people who have recovered from COVID-19. This is different from immunity provided by a COVID-19 vaccine, which offers more consistent protection against COVID-19.



One of the most effective ways to stop the spread of COVID-19 is to get vaccinated. COVID-19 vaccines are safe, effective, free, and now widely available. Visit [www.dhs.wisconsin.gov/covid-19/vaccine.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine.htm) or call **211** to learn more.

**If you were previously diagnosed with COVID-19 and you have close contact with someone with COVID-19 or test positive again, see the guidance on the following pages.**



**Note:** People who live or work in congregate or high risk settings should follow their facility's policy and rules on quarantine, which may be more restrictive.



**If you are not yet fully vaccinated, continue to wear a mask and physically distance to prevent the spread of COVID-19.**

Use the isolation and quarantine guidance below if either of the following situations apply to you:

- It has been **less than 90 days** since you were previously diagnosed with COVID-19 with a **positive molecular test** (for example, PCR).
- It has been **less than 90 days** since you were previously diagnosed with COVID-19 with a **positive antigen test while you had symptoms**.



### **After close contact with someone with COVID-19**

#### **If you have symptoms:**

Contact your health care provider. You might be sick with something other than COVID-19\*. Isolate until you are well for at least 24 hours and listen to your provider's guidance before returning to work or school.

\*If your health care provider does not give an alternate diagnosis, it might be appropriate to consult with an infectious disease expert about COVID-19 reinfection.

#### **If you do not have symptoms:**

You do not need to quarantine or get retested. Continue to wear a mask, maintain physical distance, wash your hands, avoid gathering with other unvaccinated people who do not live with you.



### **After testing positive for COVID-19 again (by PCR or antigen test)**

#### **If you have symptoms:**

See your health care provider. You might be sick with something other than COVID-19\*. Isolate until you are well for at least 24 hours and listen to your provider's guidance before returning to work or school.

\*If your health care provider does not give an alternate diagnosis, it might be appropriate to consult with an infectious disease expert about COVID-19 reinfection.

#### **If you do not have symptoms:**

You do not need to isolate.

**Note:** If you are unsure what type of COVID-19 test you had, please contact your health care provider.

Use the isolation and quarantine guidance below if any of the following situations apply to you:

- It has been **more than 90 days** since you were previously diagnosed with COVID-19 with a **positive molecular test** (for example, PCR).
- It has been **more than 90 days** since you were previously diagnosed with COVID-19 with a **positive antigen test while you had symptoms**.
- At any time, you previously had a **positive antigen test without symptoms**.
- At any time, you previously had a **positive antibody test**, regardless of symptoms.
- At any time, you were previously **diagnosed by your doctor or health care provider** without being tested.

### After close contact with someone with COVID-19

#### **If you have symptoms:**

Isolate and get tested for COVID-19.

- If your test is positive, continue to isolate for 10 days after your symptoms started **and** 24 hours after you are free of fever without the use of fever-reducing medications and your other symptoms have improved.
- If your test is negative, quarantine for 14 days after last close contact.

#### **If you do not have symptoms:**

Quarantine for 14 days after last close contact, get tested, and watch for symptoms.

### After testing positive again (by PCR or antigen test)

#### **If you have symptoms:**

Isolate for 10 days after your symptoms started **and** 24 hours after you are free of fever without the use of fever-reducing medications and your other symptoms have improved.

#### **If you do not have symptoms:**

Isolate for 10 days after the date of your new positive test.

