

# COVID-19 Isolation Guidance for General Population

## Who needs to isolate?

- People who have tested positive for COVID-19, even if you do not have symptoms.
- People with symptoms of COVID-19, including people who are awaiting test results or have not been tested.

## What do I do for isolation?

- Stay home and monitor symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care.
- Stay separate (not within 6ft for 15 minutes or more in a 24 hour period) from others in household if possible (sleep in separate room, use separate bathroom, don't share items like cups or towels).
- Wear a well-fitting mask.

## When can I end isolation?

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

- After 5 full days of isolation (the day symptoms start is day 0) if you are fever free for 24 hours without fever-reducing medication and other symptoms have improved (loss of taste/smell can persist for weeks/months, having these symptoms would not extend isolation)
  - Wear a well-fitting mask around others at home and in public for 5 additional days (6-10). If you cannot wear a mask around others, continue to isolate for 10 full days. Avoid those who are at high risk for severe disease for at least 10 days
  - You should wait to travel until a full 10 days have passed since symptom start. If you must travel on days 6-10, wear a well-fitting mask for the entire duration of travel.
  - Do not go places where you are unable to wear a mask such as restaurants and some gyms, and avoid eating around others at home and work until a full 10 days after symptom start.
- \*\*\*If you have access to a test and want to test, use an antigen towards the end of the 5-day isolation and only do the test if you are fever-free for 24 hours without medication and other symptoms have improved. If the result is positive, continue to isolate until day 10
- \*\*\*These recommendations do not apply to those with severe COVID-19 or with weakened immune systems

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

- If you continue to have no symptoms, you can end isolation after at least 5 days (date tested is day 0)
  - Wear a well-fitting mask around others at home and in public for 5 additional days (6-10). If you cannot wear a mask around others, continue to isolate for 10 full days. Avoid those who are at high risk for severe disease for at least 10 days
  - You should wait to travel until a full 10 days have passed since symptom start. If you must travel on days 6-10, wear a well-fitting mask for the entire duration of travel.
  - Do not go places where you are unable to wear a mask such as restaurants and some gyms, and avoid eating around others at home and work until a full 10 days after symptom start.
- \*\*\*If you have access to a test and want to test, use an antigen towards the end of the 5-day isolation. If the result is positive, continue to isolate until day 10

