

How long should I stay home?

Isolation & quarantine guidance



Updated 1/11/2022

Quarantine and isolation guidelines continue to change as we get more data and learn more about how long immunity from both vaccination and natural infection lasts, as well as how long someone is infectious. [Data](#) show immunity from both vaccination and natural infection get weaker over time.

Quarantine guidelines are based on whether you are [up-to-date on your COVID-19 vaccinations](#). Being up-to-date on your COVID-19 vaccinations includes having all of the recommended doses of the vaccine, as well as any recommended booster doses. Data show booster doses provide more protection from the Omicron variant. We will continue to update quarantine and isolation guidelines as we get more data about how long immunity lasts from both vaccines and natural infection.

Isolation is for people who have tested positive or have symptoms of COVID-19. Quarantine is for people who may have been exposed to COVID-19.

If you are 18 or older and test positive for COVID-19

Do you have a weakened immune system?	How many days do you need to stay home?
No, I don't have a weakened immune system.	5 days from when you tested positive. If you're still sick or have symptoms after 5 days, stay home until you are better.
Yes, I have a weakened immune system or was severely ill with COVID-19 (this means you were hospitalized, in the ICU, or on a ventilator).	If you have a weakened immune system, you could actually be infectious longer than other people. You may need to stay at home for 10 to 20 days (or more). If you've been severely ill from COVID-19 or have a weakened immune system, talk to your doctor to see when you are no longer infectious.

If your child tests positive for COVID-19

Does your child have a weakened immune system?	How many days does my child need to stay home?
No, my child doesn't have a weakened immune system	5 days from when your child tested positive. If your child is still sick or has symptoms after 5 days, he or she needs to stay home until better.
Yes, my child has a weakened immune system or was severely ill with COVID-19 (this means your child was hospitalized, in the ICU, or on a ventilator)	If your child has a weakened immune system, he or she could actually be infectious longer than other people. Your child may need to stay at home for 10 to 20 days (or more). If he or she has been severely ill from COVID-19 or has a weakened immune system, talk to your doctor to see when your child is no longer infectious.

Is there anything else I need to do after I test positive?

- Wear a [well-fitting mask](#) when you are around other people and in public for another 5 days after you end your isolation at home.
- Tell anyone you were in close contact with that he or she is at risk of COVID-19. He or she needs to get tested and may also need to [quarantine](#) at home.
- Call 2-1-1 if you need urgent help with things like food or help with rent or utilities in order to be able to stay home and isolate.
- There are some [treatments](#) for people who are at higher-risk of severe illness from COVID-19. Talk to your doctor about treatments that may be best for you.
- Call a doctor or seek medical care right away if your symptoms get worse or you feel like you need medical care.

The CDC recommends everyone ages 5 and older get vaccinated against COVID-19. People ages 12 and older should also get a booster dose. People who got 2 shots of the Pfizer or Moderna vaccine (called a primary dose) can get a booster dose 5 months after their 2nd dose. You should also get a 3rd primary dose of the Pfizer or Moderna vaccine if you have a [weakened immune system](#).

The Johnson & Johnson vaccine is only one shot. People who got the Johnson & Johnson vaccine for their primary dose can get a booster 2 months after their shot. Right now, there is not enough data to recommend a 3rd primary dose for people who got the Johnson & Johnson vaccine.

If you are 18 or older and were exposed to COVID-19

If you've never been vaccinated for COVID-19	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
If you got the Pfizer or Moderna vaccine	0 doses	5 days from when you were exposed to COVID-19.
	2 doses AND Any brand of booster	You don't need to stay home if you aren't sick.
	2 doses within the last 5 months	You don't need to stay home if you aren't sick. It hasn't been long enough for you to get a booster dose.
	2 doses more than 5 months ago	5 days from when you were exposed to COVID-19.
	1 dose at any time	5 days from when you were exposed to COVID-19.

If you are 18 or older and were exposed to COVID-19 (continued)

If you got the Johnson & Johnson vaccine	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
	1 dose at any time AND Any brand of booster	You don't need to stay home if you aren't sick.
	1 dose within the last 2 months	You don't need to stay home if you aren't sick. It hasn't been long enough for you to get a booster dose.
	1 dose more than 2 months ago	5 days from when you were exposed to COVID-19.
If you've had COVID-19 in the last 90 days (about 3 months)	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
	2 doses of the Pfizer vaccine at any time	You don't need to stay home if you aren't sick.
	1 dose of the Pfizer vaccine at any time	5 days from when you were exposed to COVID-19. We don't know yet how long natural immunity lasts.

If you have a <u>weakened immune system</u> or are at higher risk for severe illness	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
	0 doses	5 days from when you were exposed to COVID-19.
	3 doses of the Pfizer or Moderna vaccine AND Any brand of booster	You don't need to stay home if you aren't sick.
	3 doses of the Pfizer or Moderna vaccine within the last 5 months	You don't need to stay home if you aren't sick. It hasn't been long enough for you to get a booster dose after your 3rd primary dose.
	3 doses of the Pfizer or Moderna vaccine more than 5 months ago	5 days from when you were exposed to COVID-19.
	2 doses of the Pfizer or Moderna vaccine at anytime	5 days from when you were exposed to COVID-19.
	1 dose of the Pfizer or Moderna vaccine at any time	5 days from when you were exposed to COVID-19.

If your child was exposed to COVID-19

If your child has never been vaccinated for COVID-19	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
If your child got the Pfizer vaccine	0 doses	5 days from when you were exposed to COVID-19.
	2 doses of the Pfizer vaccine at any time	Your child doesn't need to stay home if he or she isn't sick.
	1 dose of the Pfizer vaccine at any time	5 days from when your child was exposed to COVID-19.
If your child has a weakened immune system or is at higher risk for severe illness	Number of doses of COVID-19 vaccine— and when	How many days should you stay home?
	2 doses at any time	Your child doesn't need to stay home if he or she isn't sick.
	1 dose at any time	5 days from when your child was exposed to COVID-19.

If your child was exposed to COVID-19 *(continued)*

If your child had COVID-19 in the last 90 days (about 3 months)	Number of COVID-19 vaccine doses your child has had and when their last dose was	How many days should your child stay home?
	It doesn't matter how many vaccines your child has had in this situation.	Your child doesn't need to stay home if they aren't sick.
If it has been more than 90 days since your child has had COVID-19	Number of COVID-19 vaccine doses your child has had and when their last dose was	How many days should your child stay home?
	2 doses of the Pfizer vaccine at any time	Your child doesn't need to stay home if he or she isn't sick.
	1 dose of the Pfizer vaccine at any time	5 days from when your child was exposed to COVID-19.

Is there anything else I need to do after I am exposed to COVID-19?

- Wear a [well-fitting mask](#) around others and in public for 10 days after you are exposed to someone who has COVID-19.
- Get tested 5 days after the day you were exposed.
- Watch for symptoms for 10 days after you are exposed. Isolate and get tested right away if you get sick or have symptoms, even if they are mild.

You may need to quarantine or isolate for longer than 5 days if the place where you live or work puts you and others at higher risk of COVID-19. People who live or work in a congregate setting like a correctional facility (prison), long-term care facility, or homeless shelter should follow [these guidelines](#) from the CDC. Healthcare workers should follow [these guidelines](#) from the CDC.

For more information, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>