

What is isolation?

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Isolation is for people who test positive or have symptoms of COVID-19. You are infectious and can spread the virus to others starting 2 days before you first had symptoms until your isolation period is done. If you never had symptoms, you are infectious starting 2 days before the day you were tested for COVID-19. Anyone who came into close contact with you during this time has been exposed to the virus and should follow quarantine guidelines.

Isolation means:

Even in your own home, you should stay away from other people as much as you can until your isolation is over.



Stay in your house except to get medical care.



Use a different bathroom from other people in your home if you can.



Wear a mask if you need to be around other people.



Stay in a different room from other people in your house.



Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).



Try not to use the same personal items as other people.

When can I end isolation?

You should isolate until you have been:

- Fever-free for 24 hours (this means you did not use medicine to lower your fever), and
- Your symptoms have improved for 24 hours, and
- It has been at least 5 days from the day you were tested.
- If you did not have symptoms, stay home for 5 days from the day you were tested. If you get sick or develop symptoms, your 5-day isolation at home starts over. Learn more [here](#).

Wear a [well-fitting mask](#) around others and in public for another 5 more days after you end your isolation at home.

How long do people who live with me need to quarantine?

It can be very hard to stay isolated from people who have COVID-19 and live in your home. Anyone who is unvaccinated, or not [up-to-date](#) with their COVID-19 vaccinations, or it's been more than 90 days since the person living with you had COVID-19 needs to quarantine at home for at least 5 days. Every time they come into close contact with you while you are infectious, their 5-day quarantine starts over. They should not end quarantine before 5 days, even if they test negative.

If you need medical care.

If your symptoms get worse or you feel like you need medical care, get medical help right away. It is safe to go to the hospital or doctor's office. Wear a mask and let the healthcare workers know you have tested positive for COVID-19.

If you have any of these emergency warning signs*, get medical help right away:



Trouble breathing or shortness of breath



Pain or pressure in your chest that does not go away



Feeling confused or cannot wake up easily



If your lips or face look bluish

*These are not all of the emergency symptoms. Call your doctor if you are worried.