

ISOLATION AND PRECAUTIONS FOR PEOPLE WITH COVID-19

Based on CDC guidance updated 11Aug2022

If you **KNOW** you have **COVID-19**

Follow the **full isolation guidelines**

If you **SUSPECT** you have **COVID-19** but you are waiting for test results

- **Isolate** while waiting for your results
 - **If you test negative** you can **end your isolation**
 - **If you test positive** follow the **full isolation guidelines**

Isolation Guidelines

- Stay home for at least 5 days
- **Isolate from others in your home**
 - Use a separate bathroom, if possible
 - **Wear a high quality mask** if you **MUST** be around others
 - Do not go to places where you are unable to wear a mask
 - Take steps to improve ventilation
 - Don't share personal items like cups, utensils and towels
 - Monitor your symptoms

Ending Isolation

If you had **no symptoms**

- You can end isolation **after day 5**

If you had **symptoms**

- You can end isolation **after day 5 IF** you are **fever-free for 24 hrs** without fever-reducing medicines and your **other symptoms are improving**

Removing Your Mask

if you are feeling better and you end isolation, continue to wear your mask through day 10

OR

If you have access to antigen tests

- You can remove your mask before day 10 if you have 2 negative tests 48 hours apart
- If your antigen test comes back positive
 - Continue to mask
 - Wait 48 hrs to test again
 - Continue to test until you have 2 negative tests 48 hrs apart even if it is later than day 10

Counting Days

* Day 0 is the day you were tested or the day your symptoms start

If you have no symptoms but develop symptoms within 10 days of your positive test the clock resets to day 0 on the day symptoms start

For additional details
visit the CDC website:

