

Calculating Isolation and Quarantine Period

If I tested positive for COVID-19, how long should I isolate?

You should stay in isolation if you tested positive for COVID-19. Isolation means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and do not share personal items, including utensils, cups, and towels. You can end isolation at least 10 days AFTER you first had symptoms (or tested positive) AND it's been at least 24 hours fever free without fever-reducing medication, not severely immunocompromised, and symptoms have improved.

IF YOU HAVE SYMPTOMS*

At least 10 days after from when you first had symptoms





Fever-free for 24 hours or more without fever reducing agent

Symptoms have improved

IF YOU DO NOT HAVE SYMPTOMS**

At least 10 days after your test date

Example: Jane develops cough and fever on September 1. Her symptoms have improved, and she does not have a weakened immune system. She should remain in isolation through September 11. Jane leaves isolation on September 12th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  Symptom Start** DAY 0	2  DAY 1	3  DAY 2	4  DAY 3	5  DAY 4
6  DAY 5	7  DAY 6	8  DAY 7	9  DAY 8	10  DAY 9	11  DAY 10	12  Leave Isolation
13	14	15	16	17	18	19
20	21	22	23	24	25	26

■ Symptom start/Exposure to COVID-19
■ Isolation period
■ Leave isolation/quarantine

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If I was EXPOSED TO SOMEONE WITH COVID-19, how long should I quarantine?

You should stay in quarantine if you were exposed (within 6 feet for 15 minutes or more in a 24-hour period) to a person who tested positive for COVID-19. Quarantine means to stay home for 14 days after your last contact with someone who has COVID-19, watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell, and stay away from others as much as possible.

Example: Jose was last exposed to his friend who had COVID on September 1. Jose never developed symptoms. He should remain in quarantine through September 15. He may leave quarantine on September 16.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9	11 DAY 10	12 DAY 11
13 DAY 12	14 DAY 13	15 DAY 14	16 Leave Quarantine	17	18	19
20	21	22	23	24	25	26
27	28	29	30	<ul style="list-style-type: none"> ■ Symptom start/Exposure to COVID-19 ■ Quarantine period ■ Leave isolation/quarantine 		

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What if I CANNOT SEPARATE FROM SOMEONE WITH COVID-19?

If you cannot avoid close contact with someone with COVID-19 (providing care or share a room), you should separate away from others while the person with COVID-19 completes isolation. You should quarantine an additional 14 days afterwards. During this time, monitor yourself for fever, cough, shortness of breath, or new loss of taste or smell, and stay away from others as much as possible.

Example: Breanna is a child who tested positive for COVID-19. She developed symptoms on September 1. Her father Marcus is the only one who can care for her. While Breanna is isolating, Marcus should quarantine until the end of Breanna's isolation on September 11. Breanna may leave isolation on September 12. Marcus should quarantine for 14 more days after Breanna's isolation ends. Marcus should remain in quarantine through September 25. He may leave quarantine on September 26.

If you or a loved one has an emergency warning sign (trouble breathing, persistent chest pain or pressure, new confusion, inability to wake or stay awake, bluish lips or face), seek emergency medical care immediately.

