

# COVID-19 ISOLATION AND QUARANTINE TIMEFRAMES FOR GENERAL POPULATION

## If You Test Positive for COVID-19 Regardless of Whether or Not You Have Symptoms OR If You Are Symptomatic and Awaiting Test Results (Isolate)

### Everyone, regardless of vaccination status

- Stay home for a minimum of 5 full days (through Day 5).<sup>1</sup>
- If you have symptoms:
  - The first day your symptoms developed is Day 0.
  - Test on Day 5 using a rapid antigen test (*strongly recommended, if available*).
  - You can end isolation after 5 full days if your Day 5 test is negative, you are fever-free for 24 hours without the use of fever-reducing medication, and your other symptoms are improving.<sup>2</sup>
  - Continue to wear a mask around others for 5 additional days (through Day 10).
- If you have no symptoms:
  - The day that your test is positive is Day 0.
  - Test on Day 5 using a rapid antigen test (*strongly recommended*).
  - You can end isolation after 5 days if your Day 5 test is negative and you have remained symptom-free.
  - Continue to wear a mask around others for 5 additional days (through Day 10).

## If You Were Exposed to Someone with COVID-19 (Quarantine) and Your COVID-19 Vaccines Are Up-To-Date (No Need to Quarantine)

### If you:

- **Have been boosted OR**
- **Completed the primary series of Pfizer vaccine within the last 5 months OR**
- **Completed the primary series of Moderna vaccine within the last 5 months OR**
- **Completed the primary series of J&J vaccine within the last 2 months**

- Wear a mask around others for 10 full days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5, if available.
- If you develop symptoms, get a test and stay home, then follow isolation guidance above.

## If you were exposed to someone with COVID-19 and you ARE UNVACCINATED, or your VACCINES are NOT Up to DATE (Quarantine)

### If you:

- **Completed the primary series of Pfizer vaccine over 5 months ago and are not boosted OR**
- **Completed the primary series of Moderna vaccine over 5 months ago and are not boosted OR**
- **Completed the primary series of J&J vaccine over 2 months ago and are not boosted OR**
- **Are unvaccinated**

- Stay home for 5 full days (through Day 5). After that, continue to wear a mask around others for 5 additional days (through Day 10).
- If you cannot quarantine, you must wear a mask for 10 days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5, if available.
- If you develop symptoms, get a test and stay home, then follow isolation guidance above.

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

<sup>1</sup> The 5 full days is a minimum and only applies to the general population which does not include healthcare personnel or certain special populations.

<sup>2</sup> "Improving" requires absence of fever for 24 hours or more without fever relieving medications and at least a 50 percent improvement in all other symptoms with the exception of loss of taste and smell which may persist for weeks or months.

This guidance does not apply to immunosuppressed persons. Guidance for immunosuppressed persons is addressed in the link below.  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>