

COVID-19 ISOLATION

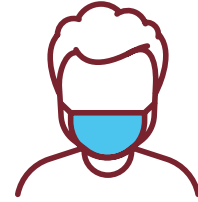
Regardless of vaccination status
If you test positive for COVID-19, you should:



Isolate for 5 days.



End isolation starting on day 6,
if you have no fever or if other
symptoms improve.



Wear a mask for 5 more days
in all settings. If you cannot,
you should continue to isolate
for those 5 days.

***If unable to wear a mask,
isolate for 10 days.**

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's Travel webpage.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.
- Learn more about what to do if you have COVID-19.

**Regardless of when you end isolation
Until at least day 11:**

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).
- For travel guidance, see CDC's Travel webpage.
<https://wwwnc.cdc.gov/travel/diseases/covid19>

