

# Isolation and Precautions for People with COVID-19

Updated Aug. 11, 2022

Regardless of vaccination status, **you should isolate from others when you have COVID-19.**

**You should isolate if you are sick and suspect that you have COVID-19 and are waiting on test results.**

## **IF YOU TEST**

Negative

You can end your isolation

## **IF YOU TEST**

Positive

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

**If you have symptoms**

- **Day 1 is the first day your symptoms started**  
**If you test positive for COVID-19,**

**Stay home for 5 days**

**Stay away from others in your home & Wear a high-quality mask**  
(if you must be around others at home and in public.)

**If you had no symptoms after 5 days, you may end your isolation as long as:**

- You are fever-free for 24 hours (without the use of fever-reducing medication)

**If you still have fever or your symptoms have not improved, **continue to isolate** until they are gone.**

**If you are unsure of your symptoms or if you have a weakened immune system, talk to a healthcare provider for more medical advice.**

**Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19.**

Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

- If you have access to antigen tests (rapid tests), you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen (rapid) test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

**After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation and Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.**

[1]

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

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Content source: National Center for Immunization and Respiratory  
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