

COVID-19 ISOLATION/QUARANTINE WORKFLOW

IF YOU ARE SICK

IF YOU **TEST POSITIVE** FOR COVID-19:

Everyone, regardless of vaccination status.

- Stay home for 5 full days. Wear a well-fitting mask when around others for 10 full days.
 - *Day 0 is the first day of symptoms or positive test date if you have no symptoms.*
- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- If you are unable to mask when around others, you should isolate for a full 10 days.

If you have a fever, or your other symptoms have not improved, continue to stay home until your fever resolves and other symptoms have improved.

IF YOU WERE EXPOSED

CDC shifted guidance in [August 2022](#).

CDC is recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day 5.

CDC isolation and precautions for people with COVID-19: determine [if you should stay home](#).

IMMUNOCOMPROMISED INDIVIDUALS

Please refer to the [CDC website](#) for the most up-to-date information.