



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

## Coronavirus Disease 2019 (COVID-19)

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# How to discontinue home isolation

**People with COVID-19 who experienced symptoms and stayed home (home isolated)** can leave home under the following conditions\*\*:

- **If you have not had a test** to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)  
**AND**
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
**AND**
  - at least 10 days have passed since your symptoms first appeared
- **If you have had a test** to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (**without** the use of medicine that reduces fevers)  
**AND**
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
**AND**
  - you received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

**People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated)** can leave home under the following conditions\*\*:

- **If you have not had a test** to determine if you are still contagious, you can leave home after these two things have happened:
  - At least 10 days have passed since the date of your first positive test  
**AND**
  - you continue to have no symptoms (no cough or shortness of breath) since the test
- **If you have had a test** to determine if you are still contagious, you can leave home after:
  - You received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

Note: if you develop symptoms, follow guidance above for people with COVID19 symptoms.

\*\*In all cases, **follow the guidance of your doctor and local health department**. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Some people, for example those with conditions that [weaken their immune system](#), might continue to shed virus even after they recover.

[Find more information on when to end home isolation.](#)