Coronavirus Disease 2019 (COVID–19)

Isolate If You Are Sick

Separate yourself from others if you have COVID-19

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Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

What's the difference between quarantine and isolation?

Isolation separates people who are infected with the virus from people who are not infected.

Quarantine keeps someone who might have been exposed to the virus away from others.

Who needs to isolate?	People who have COVID-19 • People who have symptoms of COVID-19 and are able to recover at home • People who have no symptoms (are asymptomatic) but have tested positive for COVID-19
Steps to take	**Stay home except to get medical care** • Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately • Stay in a separate room from other household members, if possible • Use a separate bathroom, if possible • Avoid contact with other members of the household and pets • Don't share personal household items, like cups, towels, and utensils • Wear a cloth face covering when around other people, if able Learn more about what to do if you are sick.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.

Find CDC's recommendations for your situation below.

I think or know I had COVID-19, and I had symptoms

You can be with others after

- 3 days with no fever **and**
- Respiratory symptoms have improved **and**
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

I have a weakened immune system

If you have a weakened immune system (immunocompromised) due to a health condition or medication, when can you be around others?

People with conditions that weaken their immune system might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.

If testing is not available in your area, your doctor should work with an infectious disease expert at your local health department to determine if you are likely to spread COVID-19 to others and need to stay home longer.

For anyone who has been around a person with COVID-19

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness. Find more information.