

2024 COVID Guidelines

WHEN TO ISOLATE

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

You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

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 had no symptoms

Day 0 is the day you were tested (not the day you received your positive test result)

Day 1 is the first full day following the day you were tested

If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms

Day 0 of isolation is the day of symptom onset, regardless of when you tested positive

Day 1 is the first full day after the day your [symptoms](#) started

ISOLATION

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](#).

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You may end isolation after day 5 if:

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

Your symptoms are not improving

Continue to isolate until:

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

- Your symptoms are improving. 1

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to isolate through day 10.

Severe illness (you were hospitalized) or have a weakened immune system

- You need to isolate through day 10.

- Consult your doctor before ending isolation.

- Ending isolation without a viral test may not be an option for you.