

CDC Guidelines for Ending Quarantine

Updated July 29, 2021

If I tested positive for COVID-19 with symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving.
(Loss of taste and smell may persist for months and need not delay the end of isolation.)

If I tested positive for COVID-19 without symptoms

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
- If you develop symptoms after testing positive, follow the guidance above.

I am severely ill with COVID-19 or I am immunocompromised

- People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.
- Persons who are severely immunocompromised may require testing to determine when they can be around others.
- Talk to your healthcare provider for more information.

I have been exposed to a person with COVID-19 but I am without symptoms

- Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.
- In the case of a household exposure, the 14 days will apply to each new individual that tests positive within the same household. This could result in a prolonged quarantine due to multiple members of the same family testing positive sequentially.
- However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.
 - o Someone who has been fully vaccinated and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
 - o Someone who has had COVID-19 illness within the previous 3 months and has recovered and remains without COVID-19 symptoms.