



## UPDATED GUIDANCE FOR ISOLATION – General Population Regardless of vaccination status

Since you:	Recommendations:
<p><b>Tested positive for COVID-19</b></p> <p><b>OR</b></p> <p><b>Are likely to test positive for COVID-19 on a lab-confirmed test</b></p> <p><b>OR</b></p> <p><b>Have symptoms consistent with COVID-19 and had an exposure</b></p>	<p><b>Isolate for at least 5 full days (10 full days if under 2 years of age or unable to mask)*:</b></p> <ul style="list-style-type: none"> <li>• Stay home and away from others</li> <li>• Use a separate bathroom if possible</li> <li>• Do not share personal household items - cups, towels, utensils</li> <li>• Wear a high quality mask</li> <li>• Take steps to <a href="#">improve ventilation</a> at home</li> <li>• Monitor your <a href="#">symptoms</a></li> </ul> <p><i>If you have an <a href="#">emergency warning sign</a> (like trouble breathing), seek emergency medical care immediately!</i></p> <p><b>End Isolation after day 5 if you have mild illness:</b></p> <ul style="list-style-type: none"> <li>• You have no symptoms</li> <li>• You have no fever for at least 24 hours (without using fever-reducing medication) <b>AND</b> other symptoms are improving</li> </ul> <p><i>For those with <a href="#">moderate or severe illness</a>, isolate through day 10 and talk with your doctor</i></p> <p><b>Wear your mask:</b></p> <ul style="list-style-type: none"> <li>• Through day 10</li> </ul> <p><i>You may remove mask before day 10, if you receive 2 negative antigen tests &gt; 48 hours apart (taken after day 6)</i></p> <p><b>NOTE:</b> if you take an antigen test on day 6 and it is positive, <b>you may still be infectious</b>. Retest every 48 hours. If you continue to be positive, continue masking and consider the risk to those you come in contact with. Do not take a molecular/PCR test for ~ 90 days.</p>
<p>*<b>Counting days:</b> <u>Day 0</u> = day you were tested or symptom onset – whichever is first. If you develop symptoms within 10 days of when you were tested, restart 5 day isolation with day 0 being day symptoms started.</p>	
<p>For more information visit: <a href="https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html">https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html</a></p>	