

Stop the Spread of COVID-19



How long should quarantine or isolation last?

QUARANTINE

For people exposed to a person who tested positive for COVID-19

14 days after last exposure, IF no symptoms have developed, even if your initial test is negative.

ISOLATION

For people positive for COVID-19
with mild symptoms

10 days have passed since
symptoms first appeared **AND**

AT LEAST
24
HOURS since last fever of 100.4° or higher
without the use of fever-reducing
medicine **AND**

Your symptoms, such as cough or
shortness of breath, are improving.

For people positive for COVID-19 with **NO**
symptoms

10 days have passed since the date of
the positive COVID-19 diagnostic
test with no symptoms.

For people hospitalized for COVID-19 with severe illness or those with weakened immune systems

20 days have passed since symptoms first appeared **AND**

AT LEAST
24
HOURS since last fever of 100.4° or higher without the use of fever-
reducing medicine **AND**

Your symptoms, such as cough or shortness of breath, are improving.

A test-based strategy could also be considered for some patients (e.g., those who are severely immunocompromised) in consultation with local infectious diseases experts if concerns exist for the patient being infectious for more than 20 days.