# 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.

**Stop the Spread of COVID-19**

You're still contagious even after your fever is gone.

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.

### 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.