

Know the Facts

Stopping Home Isolation

If you are isolating due to COVID-19:

Persons with suspected COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation when:

- At least three days (72 hours) have passed since recovery (temperature below 100.4°F without the use of fever-reducing medications) **AND**
- There is an improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- At least 10 days have passed since symptoms first appeared

If you tested positive for COVID-19:

Talk to your health care provider about when you can stop home isolation and return to your normal activities.

Your doctor may have you come in to be tested again to make sure you are well. In addition to negative test results, you'll need to have:

- Temperature below 100.4°F without the use of fever-reducing medications **AND**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath)

If you are not being tested again by your doctor, you should follow the guidelines at the top of this page to know when you can stop home isolation.

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