

Know the Facts

# Stopping Home Isolation

## With Symptoms

### If you are isolating due to COVID-19 with symptoms:

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

- At least one day (24 hours) has passed since recovery (temperature below 100.4°F without the use of fever-reducing medications) **AND**
- There is an improvement in symptoms **AND**
- At least 10 days have passed since symptoms first appeared.

## Without Symptoms

### If you are isolating due to COVID-19 and do not have symptoms (asymptomatic):

Persons with suspected COVID-19 who do not have symptoms and were directed to care for themselves at home may discontinue home isolation when:

- At least 10 days have passed since the date of their first positive COVID-19 test, assuming they have not subsequently developed symptoms since their positive test.

If you begin to experience any symptoms during the 10 days of isolation period, you may discontinue home isolation when:

- At least one day (24 hours) has passed since recovery (temperature below 100.4°F without the use of fever-reducing medications) **AND**
- There is an improvement in symptoms **AND**
- At least 10 days have passed since symptoms first appeared.
- **Note:** Your healthcare provider may require two negative tests before discontinuing home isolation.

## 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 above to know when you can stop home isolation.