**COVID-19 POSITIVE OR SYMPTOMATIC Isolation Guidance for the General Public**

If you tested positive or have symptoms of COVID-19, stay home and isolate for at least 5 days!

**WHAT TO DO: STAY HOME, MASK & MONITOR**

- Start counting on the date of your positive test, OR on the first day of symptoms.
- If you start out asymptomatic but get symptoms during your 10-day isolation period, begin the 10-day count again. The first day of symptoms is your new Day 0.

**THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS**

- **Day 0**
- **Day 1**
- **Day 2**
- **Day 3**
- **Day 4**
- **Day 5**
- **Day 6**
- **Day 7**
- **Day 8**
- **Day 9**
- **Day 10**

**WHEN TO LEAVE YOUR HOUSE**

- **Day 6**
  - Then you can leave your house on day 6.
  - Wear a mask until at least day 10

**IF YOUR OTHER SYMPTOMS ARE GONE OR GETTING BETTER?**

- **Day 5**
  - NO FEVER, NO TEST
  - NO FEVER? NO SYMPTOMS?
    - Last day of masking around others.
  - FEVER? SYMPTOMS?
    - Keep masking until fever is gone and symptoms are gone or better.
  - Day 5 with fever
    - Continue to stay home until your fever is gone and your symptoms are getting better.
    - Wear a mask until at least day 10

**GIVE SPACE TO PEOPLE YOU LIVE WITH & DO NOT HOST VISITORS**

Stay in a separate part of your home when possible and use a different bathroom if you can.

**WEAR A MASK FOR 10 DAYS**

Over your mouth and nose. Even at home, if you live with other people.

**WASH YOUR HANDS**

With soap and water, for 20 seconds each time you wash them.

**CLEAN ALL "HIGH TOUCH" SURFACES**

Wipe down and sanitize shared spaces often.

**WATCH FOR SYMPTOMS OF COVID-19**

For a full list visit www.cdc.gov.

**IF YOU TEST...**

- **TAKE AN ANTIGEN TEST** on or after day 5.
  - If your test is Negative: You can end isolation. Wear a mask until day 10.
  - If your test is Positive: Stay home and wear a mask until day 10 and all symptoms are gone or getting better.

Learn more at Coronavirus Disease (COVID-19) | CDC version - January 12, 2022