



# Updated COVID-19 Isolation & Quarantine Guidelines



## If You Test Positive for COVID-19 (Isolate)

**Everyone\***, regardless of vaccination status:

- **Isolate for 5 full days.** You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication & your other symptoms have improved.
- **Continue to wear a well-fitting mask for 5 additional days** after your 5-day isolation when around others in your home and in public.
- If you continue to have a fever or if your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until these symptoms have improved.

*\*Some groups are not eligible for a 5-day isolation, and should isolate for at least 10 days. This includes children under the age of 2 or other individuals who are unable to wear a mask, people with moderate or severe illness, and people who are immunocompromised.*

[CLICK HERE FOR CDC FAQ](#)

## If You Were Exposed to Someone with COVID-19 (Quarantine)

**If you:**

Have been boosted

**OR**

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**OR**

Completed the primary series of J&J vaccine within the last 2 months

- **Wear a mask around others for 10 days.**
- **Test on day 5, if possible.**

*If you develop symptoms get a test and stay home.*

**If you:**

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

**OR**

Completed the primary series of J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

- **Stay home for 5 days. After that continue to wear a mask around others for 5 more days.**
- **If you can't quarantine you must wear a mask for 10 days.**
- **Test on day 5, if possible.**

*If you develop symptoms get a test and stay home.*