

If you have confirmed or suspected COVID-19, you should isolate (stay home and away from others)

- This applies when you have a positive COVID-19 test – even if you have been vaccinated and even if you do not have [symptoms](#). It also applies to when you have [symptoms](#) and are waiting on a test result or are unable to get tested.
- Stay home for at least 5 days (Days 0–5)
 - If you have symptoms, count the day that your first symptom appeared as Day 0
 - If you do not have symptoms, count the day that you got tested as Day 0
- During isolation at home:
 - Monitor your health and contact your healthcare provider if your [symptoms](#) worsen
 - Separate yourself from other people and pets as much as possible
 - Wear a [well-fitting mask](#) if you cannot separate from others
 - Stay in a separate “sick room” and use a separate bathroom, if possible
 - Do not go to public settings or travel
 - If you are able and willing to get tested, get tested an antigen test on or soon after Day 5. If your test is positive, stay home through Day 10. If your test is negative, you may be able to end your isolation after Day 5.

If you have [COVID-19 symptoms](#), you can end isolation (leave your home) after Day 5 if these things have happened:

- At least 5 full days have passed since symptoms first appeared, and
- You are fever-free for 24 hours without fever-reducing medication, and
- Your other symptoms have improved
 - Note that loss of taste and smell might persist for weeks or months and this should not delay the end of isolation.

If you did not have [COVID-19 symptoms](#), you can end isolation (leave your home) after Day 5 if this has happened:

- At least 5 full days have passed since you were tested

If you end isolation after Day 5, you should still follow these steps on Days 6–10:

- Wear a [well-fitting mask](#) around others at home and in public. If you cannot wear a mask around others, continue to isolate at home until Day 10.
- Avoid travel, avoid people who have [weakened immune systems or who are at high risk for severe COVID-19](#), avoid places where you are unable to wear a mask, and avoid other people when you are eating.

*Based on CDC guidance for [Quarantine and Isolation](#). This VDH guidance applies to general community settings, including K-12 schools, colleges and universities, and workplaces. It does not apply to healthcare facilities or high-risk congregate settings (e.g., correctional and detention facilities, homeless shelters, or cruise ships). VDH currently recommends that child care facilities not apply the shortened quarantine and isolation periods as a best practice, but these may be considered for staff if there are critical staffing shortages. People with severe COVID-19 or weakened immune systems might need to isolate (stay home) longer than 10 days. They should talk with their healthcare provider about when it is safe to be around others.

If you had close contact with a person who has COVID-19 while they were contagious, you should take steps to protect yourself and others for 10 days after the close contact. You may need to quarantine (stay home and away from others).

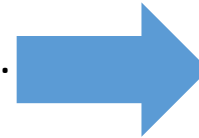
Close contact means

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19

Exception for close contact: In K-12 settings, a student who is within 3 to 6 feet of an infected student is not considered a close contact as long as both students wore well-fitting masks the entire time. This exception may also be applied to school buses if seating charts are documented and adherence to seating assignments and mask use is verified.

You do not need to quarantine after close contact if you:

- Are up to date with your COVID-19 vaccines.
- Had COVID-19 within the last 90 days (you tested positive using a viral test).

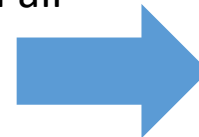


Count the last close contact date as Day 0 and take these steps on Days 0–10:

- Wear a well-fitting mask when around others in the home or public
- Monitor your health for COVID-19 symptoms. If you develop symptoms, get tested with a viral test (antigen or PCR test) and follow isolation guidance.
- If you do not develop symptoms, get tested on or soon after Day 5 if possible. People who had COVID-19 in the last 90 days do not need testing.

You need to quarantine after close contact if you:

- Are not up to date with your COVID-19 vaccines. This includes people who are not vaccinated.*
 - *Schools may consider forgoing quarantine for students ages 12-17 years who completed their primary vaccine series but have not yet received all eligible boosters. They should still take the steps listed above.



Follow the steps listed above and also these:

- Quarantine (stay home) and separate yourself from other people and pets as much as possible for at least 5 days (Days 0–5)
- Get tested on or soon after Day 5, if possible. If your test is positive, follow the isolation guidance.
- **You can end quarantine (leave your home) after Day 5** if you have no symptoms and can wear a mask when around others for Days 6–10. If you cannot wear a mask around others, quarantine at home until Day 10.
- **If you end quarantine after Day 5**, you should avoid areas where you cannot wear a mask, avoid people with weakened immune systems or who are at high risk for severe COVID-19, avoid other people when you are eating, and avoid travel for Days 6–10.

Notes about Isolation and Quarantine

When to get tested and what kind of test

- If you are able and willing to get tested, getting tested on Day 5 of isolation or quarantine is preferred. Getting tested soon after Day 5 is also acceptable.
- For people isolating at home, an antigen test is recommended. For people quarantining at home, an antigen test or PCR test is recommended.

Special Situations for Quarantine

Household close contacts or caregivers who cannot separate from the person with COVID-19 who is in isolation at home

- While someone is isolating at home, try to minimize close contact with others in the household as much as possible. This includes having the person with COVID-19 in a separate bedroom and using a separate bathroom if possible, staying at least 6 feet apart, minimizing time spent with each other, wearing well-fitted masks, and improving air flow by opening a window.
- If a household member has close contact with the person isolating at home during their 5-day isolation, then the household member needs to take steps to protect themselves and might need to quarantine. Count the date of last contact as Day 0 and follow the quarantine guidance on the previous page.

Healthcare Settings

- The VDH guidance for quarantine and isolation does not apply to healthcare settings. CDC guidance for [healthcare staff](#) and [residents](#) should be followed.

High-risk congregate settings (correctional and detention facilities, homeless shelters, cruise ships)

- The VDH guidance for quarantine and isolation does not apply to these settings. [CDC guidance](#) for these settings should be followed.

Summary of Recent Changes

- 1/25/22: On page 1 for people isolating at home who have a positive test, changed wording to stay home from “until Day 10” to “through Day 10.”
- 1/14/22: Updated who needs to quarantine and who does not need to quarantine to align with [CDC’s revised Quarantine and Isolation](#) guidance. For people who need to quarantine, added that schools may consider forgoing quarantine for students ages 12-17 years who completed their primary series, but not their boosters yet. In the close contact definition, removed living with or providing care for a person who has COVID-19.
- 1/7/22: Updated the isolation and quarantine guidance to align with [CDC’s Quarantine and Isolation](#) guidance released on Jan. 4, 2022. Shortened the isolation period from 10 days to at least 5 days and shortened the quarantine period from 14 days to at least 5 days. For quarantine, used CDC’s current criteria for who should quarantine and who does not need to quarantine after close contact, which is based on vaccination and booster status. Added steps to take during isolation at home, after close contact exposure, and during quarantine at home. Removed graphics.

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