

# Calculating Isolation and Quarantine Period

## If I Tested Positive for COVID-19, how long should I isolate?

You should stay in isolation if you tested positive for COVID-19. Isolation means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and do not share personal items, including utensils, cups, and towels. You can end isolation at least 10 days AFTER you first had symptoms (or tested positive) AND it's been at least 24 hours fever free without fever-reducing medication, not severely immunocompromised, and symptoms have improved.

**It is not recommended nor required to have proof of a negative test to discontinue isolation. Even if the individual tests negative on repeat testing, isolation may not be discontinued early.**

### IF YOU HAVE SYMPTOMS\*

At least 10 days after you first had symptoms

Fever-free for 24 hours or more without fever reducing agent

Symptoms have improved

### IF YOU DO NOT HAVE SYMPTOMS\*\*

At least 10 days after your test date

*Example:* Jane develops cough and fever on December 1. Her symptoms have improved, and she does not have a weakened immune system. She should remain in isolation through December 11. Jane leaves isolation on December 12th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  Symptom Start** DAY 0	2  DAY 1	3  DAY 2	4  DAY 3	5  DAY 4
6  DAY 5	7  DAY 6	8  DAY 7	9  DAY 8	10  DAY 9	11  DAY 10	12  Leave Isolation
13	14	15	16	17	18	19
20	21	22	23	24	25	26

■ Symptom start/Exposure to COVID-19  
■ Isolation period  
■ Leave isolation/quarantine

# Calculating Isolation and Quarantine Period

## If I was exposed to someone with COVID-19 and I DO NOT have symptoms, how long should I quarantine?

- Regardless of symptoms, you should stay in quarantine if you were exposed (within 6 feet for 15 minutes or more in a 24-hour period) to a person who tested positive for COVID-19.
- Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell, and stay away from others as much as possible.
- Stay home for 10 days after your last contact with someone who has COVID-19.
- Quarantine may be shortened to 7 days if you test negative for COVID-19. The test should be done no more than 48 hours before you plan to leave quarantine.

- Symptom start/Exposure to COVID-19
- Quarantine period
- Leave isolation/quarantine
- Continue to Monitor

**Example WITHOUT testing for COVID-19:** Jose was last exposed on December 1 to his friend who had COVID-19. Jose has had NO symptoms and did NOT get testing for COVID-19. He should remain in quarantine through December 11. He may leave quarantine on December 12. Jose should continue to monitor symptoms closely through December 15.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2  DAY 1	3  DAY 2	4  DAY 3	5  DAY 4
6  DAY 5	7  DAY 6	8  DAY 7	9  DAY 8	10  DAY 9	11  DAY 10	12 DAY 11 Leave Quarantine, Monitor Symptoms
13 DAY 12	14 DAY 13	15 DAY 14				

**Example WITH testing for COVID-19:** Jose was last exposed on December 1 to his friend who had COVID-19. Jose has had NO symptoms. Jose got tested for COVID-19 on December 6 (Day 5). He learned test results were negative. Jose's quarantine may end after 7 days. He may leave quarantine on December 9th.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2  DAY 1	3  DAY 2	4  DAY 3	5  DAY 4
6  DAY 5	7 Tested for COVID-19 DAY 6	8  DAY 7	9 DAY 8 May Leave Quarantine if Negative Test Within Last 48 Hours	10 DAY 9	11 DAY 10	12 DAY 11
13 DAY 12	14 DAY 13	15 DAY 14				

# Calculating Isolation and Quarantine Period

## If I was exposed to someone with COVID-19 and I DO HAVE SYMPTOMS, how long should I quarantine?

- Regardless of symptoms, you should stay in quarantine if you were exposed (within 6 feet for 15 minutes or more in a 24-hour period) to a person who tested positive for COVID-19.
- If you have symptoms, the recommended quarantine period is at least 14 days.
- If you have symptoms, you should seek testing for COVID-19.
- If you test positive, you should begin self-isolation. Please see recommendations on page 1.
- If you have a COVID-like illness and do not get tested, you are presumed to have COVID-19 and should begin self-isolation. Please see recommendations on page 1.

NOTE: A COVID-like illness is:		
At least ONE of these symptoms	OR	At least TWO of these symptoms
new or persistent cough shortness of breath new loss of sense of smell new loss of sense of taste		fever chills muscle pain headache sore throat nausea/vomiting diarrhea fatigue congestion/ runny nose

You can look up more information about community testing sites at [www.phila.gov/testing](http://www.phila.gov/testing).

**Example:** Jade was exposed on December 1 to a co-worker with COVID-19. Jade started to experience fever and fatigue on December 7. Jade sought testing for COVID-19 on December 7. She learned that the result was positive. Because Jade now knows she has COVID-19, she should self-isolate for 10 days after her symptoms started. Jade should self-isolate through December 17. She may leave isolation on December 18.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
6 DAY 5	7 Tested positive for Covid-19 DAY 0	8 DAY 1	9 DAY 2	10 DAY 3	11 DAY 4	12 DAY 5
13 DAY 6	14 DAY 7	15 DAY 8	16 DAY 9	17 DAY 10	18 Leave Isolation	19
20	21	22	23	24	25	26

- Symptom start/Exposure to COVID-19
- Isolation period
- Leave isolation/quarantine

# Calculating Isolation and Quarantine Period

## What if I cannot separate from someone with COVID-19?

If you cannot avoid close contact with someone with COVID-19 (such as providing personal care or sharing a room), you should separate away from others while the person with COVID-19 completes isolation.

- You should quarantine an additional 10 days after the person with COVID-19 completes isolation
- Quarantine may be shortened to 7 days if you test negative for COVID-19. The test should be done no more than 48 hours before you plan to leave quarantine.

- Symptom start/Exposure to COVID-19
- Isolation period
- Quarantine period
- Leave isolation/quarantine
- Continue to Monitor

**Example:** Breanna is a child who tested positive for COVID-19. She developed symptoms on December 1. Her father Marcus is the only one who can care for her. Breanna and Marcus are staying away from others. Breanna should complete a 10-day period of self-isolation. Marcus sought testing for COVID-19 on December 16, which was negative. Marcus's last day of quarantine was December 18.

**Please Note:** If Marcus had NO symptoms and did NOT get testing for COVID-19, Marcus would have completed a 10-day quarantine after Breanna's isolation period.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DAY 0 Symptom Start Marcus stays home with Breanna	2 DAY 1 	3 DAY 2 	4 DAY 3 	5 DAY 4 
6 DAY 5 	7 DAY 6 	8 DAY 7 	9 DAY 8 	10 DAY 9 	11 DAY 10 	12 Breanna Leaves Isolation Marcus continues quarantining DAY 1
13  DAY 2	14  DAY 3	15  DAY 4	16  DAY 5	17 Tested for COVID-19 DAY 6	18  DAY 7	19 Marcus May Leave Quarantine if Negative Test Within Last 48 Hours
20 DAY 9	21 DAY 10	22 DAY 11	23 DAY 12	24 DAY 13	25 DAY 14	26