If I TESTED POSITIVE FOR COVID-19 (or have symptoms but can’t test), how long should I isolate?

Regardless of vaccination status, you should isolate.

- If you CAN mask, isolate for 5 full days and wear a well-fitted mask for 5 more days (days 6-10).
- If you CAN’T mask or have COVID pneumonia, isolate for 10 full days.
- If you are hospitalized for COVID or are severely immunocompromised speak with your medical provider about how long to isolate.

**Example 1:** Jane develops a cough and fever on December 1. She does not have a weakened immune system and is able to mask. By December 6, she only has a slight cough, is fever-free for 24 hours without fever-reducing medication and had a negative rapid antigen test. Jane leaves isolation on December 7. Until December 11, she continues to wear a well-fitted mask when she’s around others and avoids eating with her co-workers, traveling, and visiting her elderly grandparent.

**Day 0 is the day your symptoms started OR the day you tested positive. Day 1 is the first full day after you test positive or your symptoms start.**

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<th>SUNDAY</th>
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**Calculating Isolation and Quarantine**

- **Symptoms start/positive test date**
- **Isolation period**
- **Continue masking and precautions**
- **Leave isolation**

**Isolation** means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and don’t share personal items, including utensils, cups, and towels. **Only end isolation after your symptoms have improved and you’re fever-free for 24 hours without the use of fever-reducing medication.**

- **Wear a well-fitted mask** for at least 10 days after you first develop symptoms (or test positive if you don’t have symptoms), even around others in your own household. **Avoid activities where you can’t wear a mask** like eating in public or going to some gyms. **Avoid travel. Avoid being around others who are at high risk** of developing severe COVID.
- **If you develop symptoms after starting isolation,** such as fever, cough, shortness of breath, new loss of taste or smell (see page 3 for symptoms), **your isolation period will start again at Day 0.**

**TESTING**

- **If you can mask and are isolating for 5 days:** **Take an antigen test on Day 5** if you have access to testing, your symptoms are improving, and you are fever-free for 24 hours without fever-reducing medication. **If you test positive, continue isolation to complete 10 days total. If you test negative, you can end isolation after 5 full days.**
- **You don’t need to test negative after your isolation period is over**
- **Visit www.phila.gov/testing** to find a testing location near you.
If I was EXPOSED to someone with COVID-19, how long should I quarantine? I am NOT vaccinated/up to date on my COVID-19 vaccines.

"NOT up-to-date" means you are:

- 18 years or older and completed the primary series of either Pfizer or Moderna over 5 months ago but did NOT receive a booster dose,
- Completed the primary series of Johnson & Johnson over 2 months ago but did NOT receive a booster dose, or
- Not vaccinated or have not completed a primary series (two doses of Pfizer or Moderna or one dose of Johnson & Johnson).

Regardless of whether you have symptoms, you should quarantine if you were exposed.

- If you CAN mask, quarantine for 5 full days and wear a well-fitted mask for 5 more days (days 6-10).
- If you CAN'T mask, quarantine for the full 10 days.

You were exposed (also called a close contact) if you were less than 6 feet away from a person with COVID-19 for at least 15 minutes over a 24-hour period.

Quarantine means stay home and away from others as much as possible.

Example 2a—Quarantine/doesn't develop symptoms: Jose was last exposed on December 1 to his friend who had COVID-19. Jose received the Pfizer primary series 7 months ago but hasn’t gotten boosted. He has no symptoms and can mask. On December 6, Jose tests negative for COVID-19. He leaves quarantine on December 7. Until December 11, Jose continues to wear a well-fitted mask when he’s around others and avoids eating at restaurants, traveling, and visiting his elderly uncle.

Day 0 is the day you were exposed to someone with COVID-19. Day 1 is the first full day after your last exposure to someone with COVID-19.
If I was EXPOSED to someone with COVID-19, how long should I quarantine? I am NOT vaccinated/up to date on my COVID-19 vaccines. (continued)

For 10 days after your last date of exposure:

• Wear a well-fitted mask, even around others in your own household. Avoid activities where you can’t wear a mask like eating in public or in some gyms. Avoid travel. Avoid being around others who are at high risk of developing severe COVID.

• Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell.

TESTING

• If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive or you cannot test: Follow the isolation recommendations on Page 1. If you test negative: You may have another respiratory illness. Complete quarantine and stay away from others until symptoms improve and you’re fever-free for 24 hours without fever-reducing medicine.

• No symptoms: get tested on Day 5. If negative or you can’t test, continue masking and other recommendations mentioned above. If positive, follow isolation recommendations on Page 1.

• You can’t shorten your quarantine period with a negative test.

• Visit www.phila.gov/testing to find a testing location near you.

Example 2b—Quarantine/develops symptoms: Jade was exposed on December 1 to a co-worker with COVID-19. She’s unvaccinated but can mask. On December 5, she starts to experience fever and fatigue. She immediately seeks testing and tests positive. Because Jade now knows she has COVID-19, she isolates for 5 days after her symptoms started. On December 10, she’s no longer feeling tired, is fever-free for 24 hours without fever-reducing medication, and tests negative on a rapid antigen test. Jane leaves isolation on December 11. Until December 15, she continues to wear a well-fitted mask when she’s around others and avoids eating with her co-workers, traveling, and visiting her 1-year-old niece.

Day 0 is the day your symptoms started (or you tested positive). Day 1 is the first full day after your last exposure to someone with COVID-19.

Watch for ANY of the following symptoms of COVID-19

- fever or chills
- new or persistent cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

- Symptom start/Exposure to COVID-19
- Quarantine period
- Isolation period
- Continue masking and precautions
- Leave isolation
If I was EXPOSED to someone with COVID-19, do I need to quarantine? I AM UP TO DATE on my COVID-19 vaccines.

"Up-to-date" means you are:
(a) two weeks past completing the full initial course of vaccines (two doses of Moderna or Pfizer or one dose of Johnson & Johnson) AND
(b) have received a booster if you're eligible (18 or older AND it’s been 5 months after your second dose of Moderna or Pfizer or it’s been 2 months after your first dose of Johnson & Johnson)

You do NOT need to quarantine if you can mask and are in one of the following categories:

<table>
<thead>
<tr>
<th>Age</th>
<th>Fully Vaccinated</th>
<th>Boosted if</th>
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<tbody>
<tr>
<td>18 or older</td>
<td>2+ weeks after 2-dose primary series of Pfizer/Moderna* OR 2+ weeks after 1-dose primary series of Johnson &amp; Johnson OR 2+ weeks after a WHO-authorized^ primary series</td>
<td>More than 5 months since primary series of Pfizer/Moderna OR More than 2 months since primary series of Johnson &amp; Johnson OR More than 5 months since WHO-authorized^ primary series</td>
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<tr>
<td>5-17 years old</td>
<td>2+ weeks after 2-dose primary series of Pfizer</td>
<td>Not required</td>
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Example 3a—no symptoms: Terrell received his booster on December 15. He was exposed to someone with COVID-19 on December 20. He has no symptoms and can mask. He does not need to quarantine but does need to mask for 10 days. On December 25, Terrell tests negative for COVID-19. Until December 30, Terrell continues to wear a well-fitting mask when he’s around others and avoids eating out in public, traveling, and visiting his elderly parents.

Day 0 is the day you were exposed to someone with COVID-19. Day 1 is the first full day after your last exposure to someone with COVID-19.

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<th>SUNDAY</th>
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- Day 0
- Day 1

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- Up-to-date on vaccine
- Exposure to COVID-19
- Continue masking and precautions

*Those with moderately or severely weakened immune systems should also receive an additional 3rd dose
^WHO = World Health Organization-authorized COVID-19 vaccines that are not FDA-authorized
If I was EXPOSED to someone with COVID-19, do I need to quarantine? I AM UP TO DATE on my COVID-19 vaccines. (continued)

- If you CAN mask, do not quarantine but wear a well-fitted mask for 10 full days.
- If you CAN’T mask, stay away from others for 10 days.

You were exposed (also called a close contact) if you were less than 6 feet away from a person with COVID-19 for at least 15 minutes over a 24-hour period.

For 10 days after your last date of exposure:

- Wear a well-fitted mask, even around others in your own household. Avoid activities where you can’t wear a mask like eating in public or in some gyms. Avoid travel. Avoid being around others who are at high risk of developing severe COVID.
- Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell.

TESTING

- If you develop symptoms, get tested immediately and isolate until you receive your test results. If positive or you cannot test: Follow the isolation recommendations on Page 1.
- If negative: You may have another respiratory illness. Complete your quarantine and stay away from others until symptoms improve and you’re fever-free for 24 hours without fever-reducing medicine.
- If you don’t develop symptoms, test on Day 5. If negative, continue masking and other recommendations mentioned above. If positive, follow isolation recommendations on Page 1.
- Visit www.phila.gov/testing to find a testing location near you.

Example 3b—develops symptoms: Devon was fully vaccinated in April. Four months later, they were exposed to someone with COVID-19 on August 15 and began masking. On August 18, they develop a mild cough, immediately test, and isolate to keep others safe. They test positive and isolate for 5 days after symptoms began. By August 23, Devon’s cough is gone. They test negative on a rapid antigen test and leave isolation on August 24. Until August 28, Devon continues to wear a well-fitted mask when around others and avoids eating with their family, traveling, and visiting their uncle at the nursing home.

Day 0 is the day your symptoms started (or you tested positive). Day 1 is the first full day after your last exposure to someone with COVID-19.

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<th>SUNDAY</th>
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<td>Day 4</td>
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<td>Test Negative</td>
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</tbody>
</table>

- □ Symptom start/Exposure to COVID-19  □ Isolation period  □ Continue masking and precautions
- □ Leave isolation
If I was EXPOSED to someone with COVID-19, do I need to quarantine? I RECENTLY HAD COVID-19.

"Recently had COVID-19" means you tested positive via a rapid antigen or PCR test within the last 90 days.

You do not need to quarantine unless you can't mask.

• If you CAN mask, do not quarantine but wear a well-fitted mask for 10 full days.

• If you CAN'T mask, stay away from others for 10 days.

You were exposed (also called a close contact) if you were less than 6 feet away from a person with COVID-19 for at least 15 minutes over a 24-hour period.

For 10 days after your last date of exposure:

• Wear a well-fitted mask, even around others in your own household. Avoid activities where you can't wear a mask like eating in public or in some gyms. Avoid travel. Avoid being around others who are at high risk of developing severe COVID.

• Watch for symptoms such as fever, cough, shortness of breath, new loss of taste or smell.

• If you develop symptoms, speak to a medical provider first about whether to test – you may have a different respiratory illness. Stay away from others until symptoms improve and you're fever-free for 24 hours without fever-reducing medicine.

Example 4—no symptoms: Jonathan tested positive for COVID last month and has since recovered. On March 16 he was exposed to someone with COVID-19. He has no symptoms. He does not need to quarantine but does need to mask for 10 days. Until March 26, Jonathan continues to wear a well-fitted mask when he's around others and avoids eating out with friends, traveling for work, and visiting his grandfather.

Day 0 is the day you were exposed to someone with COVID-19. Day 1 is the first full day after your last exposure to someone with COVID-19.

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<th>SUNDAY</th>
<th>MONDAY</th>
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■ Exposure to COVID-19  ■ Continue masking and precautions
What if I CANNOT SEPARATE from someone with COVID-19?

Some people may have to care for a person with COVID-19, like parents, guardians, or other caregivers. Other people may have to share common areas with a person who has COVID-19, like in homes with one bathroom. These people need to quarantine and/or mask when the person with COVID-19 is isolating and for additional days after the person with COVID-19 ends isolation.

<table>
<thead>
<tr>
<th>Age and Fully Vaccinated and Boosted if</th>
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<th>Day 11</th>
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<tr>
<td>18 or older</td>
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<td>2+ weeks after 2-dose primary series of Pfizer/Moderna* OR 2+ weeks after 1-dose primary series of Johnson &amp; Johnson OR 2+ weeks after a WHO-authorized^ primary series</td>
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<td> </td>
<td>Breanna tests positive and starts isolating. Marcus starts quarantine.</td>
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<td>More than 5 months since primary series of Pfizer/Moderna OR More than 2 months since primary series of Johnson &amp; Johnson OR More than 5 months since WHO-authorized^ primary series</td>
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<td>Breanna leaves isolation. Marcus continues quarantine.</td>
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*Those with moderately or severely weakened immune systems should also receive an additional 3rd dose

^WHO = World Health Organization-authorized COVID-19 vaccines that are not FDA-authorized

- **If you CAN mask and are in one of the categories above:** Do not quarantine but wear a well-fitted mask while the person with COVID-19 is isolating AND for an additional 10 full days after the person with COVID-19 ends isolation.
- **If you CAN mask but are NOT in one of the categories above:** Quarantine while the person with COVID-19 is isolating AND for an additional 5 full days after the person with COVID-19 ends isolation. Then wear a well-fitted mask for another 5 days.
- **If you CAN’T mask:** Stay away from others while the person with COVID-19 is isolating and for an additional 10 full days.

**Example 5a—Quarantine:** Marcus’ daughter Breanna tested positive on December 1. He is the only one who can care for her. Marcus is fully vaccinated but due for his booster. When Marcus finds out Breanna has COVID, he quarantines and masks while she isolates. Breanna’s isolation ends on December 7, but Marcus must quarantine for 5 more days. He never develops symptoms. He tests negative on December 11 and leaves quarantine on December 12. Until December 16, Marcus wears a well-fitted mask when he’s around others and avoids eating out, traveling, and visiting his elderly relatives.

**Day 0 is the day your symptoms started (or you tested positive). Day 1 is the first full day after your last exposure to someone with COVID-19.**

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**CITY OF PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH**

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What if I CANNOT SEPARATE from someone with COVID-19? (continued)

You were exposed (also called a close contact) if you were less than 6 feet away from a person with COVID-19 for at least 15 minutes over a 24-hour period. A person with COVID-19 is first contagious two days before their symptoms start (or before a positive test).

Quarantine means stay home and away from others as much as possible.

For 10 days after your last date of exposure:

• **Wear a well-fitted mask**, even around others in your own household. **Avoid activities where you can’t wear a mask** like eating in public or in some gyms. **Avoid travel. Avoid being around others who are at high risk** of developing severe COVID.

• **Watch for symptoms** such as fever, cough, shortness of breath, new loss of taste or smell.

• **If you develop symptoms**, **get tested immediately and isolate** until you receive your test results. If you had COVID-19 in the past 90 days, speak to a medical provider first about whether to test – you may have a different respiratory illness. **If you test positive or you cannot test**: Follow the isolation recommendations on Page 1. **If you test negative**: You may have another respiratory illness. Complete your quarantine and stay away from others until symptoms improve and you’re fever-free for 24 hours without fever-reducing medicine.

TESTING

• If you tested positive for COVID-19 in the past 90 days, do not test.

• If you are **not** in quarantine, get tested twice:
  - 3 days after the person with COVID-19’s symptoms start (or tests positive) and
  - 5 days after the person with COVID ends isolation.

• If you are **in quarantine**, only test once, 5 days after your ongoing contact’s isolation ends.

• If negative, continue masking and other recommendations above. If positive, follow recommendations on Page 1.

• **You can’t shorten your quarantine period with a negative test.**

• Visit [www.phila.gov/testing](http://www.phila.gov/testing) to find a testing location near you.

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**Example 5b—No quarantine**: Quinn tested positive for COVID-19 on December 3. He lives with his partner, Shawna. Neither Quinn nor Shawna have symptoms. Shawna is vaccinated and boosted. When Shawna finds out Quinn has COVID, she does not need to quarantine but begins wearing a mask indoors in public and whenever she is around Quinn. Shawna gets tested the first time on December 6th. Quinn leaves isolation on December 9 but he and Shawna continue masking. Shawna gets tested a second time on December 13. Until December 18, she continues to wear a well-fitted mask when around others and avoids eating with friends, traveling, and visiting anyone at high risk for severe COVID-19. She may choose to continue wearing her mask indoors in public, especially if case rates are high in her area.

**Day 0 is the day your symptoms started (or you tested positive). Day 1 is the first full day after your last exposure to someone with COVID-19.**

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<tr>
<th>SUNDAY</th>
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<td></td>
<td></td>
<td><strong>Quinn tests positive. Shawna masks indoors in public and around Quinn</strong></td>
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<tr>
<td><strong>Shawna's 1st negative test</strong></td>
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- **Symptom start/Exposure to COVID-19**
- **Continue masking and precautions**