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 **CANT** 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.

### 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.

### 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>
<th>MONDAY</th>
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<td>Symptoms start/ positive test date</td>
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<td>Isolation period</td>
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<td>Continue masking and precautions</td>
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<td>Leave isolation</td>
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<td>DAY 0</td>
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### 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](http://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:

• unvaccinated or
• have not received all COVID vaccine doses that you are eligible for, including booster doses.

Refer to the [CDC's vaccine booster tool](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster.html)

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.

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<tr>
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<td>1</td>
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<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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<td><strong>DAY 0</strong></td>
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<td><strong>DAY 2</strong></td>
<td><strong>DAY 3</strong></td>
<td><strong>DAY 4</strong></td>
<td><strong>DAY 5</strong></td>
<td><strong>DAY 6</strong></td>
</tr>
</tbody>
</table>

- Exposure to COVID-19
- Quarantine period
- Leave quarantine
- Continue masking and precautions
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 for contacts who aren’t up-to-date:

If you develop symptoms, get tested immediately and isolate until you receive your test results.

• If positive or can’t test, follow isolation recommendations on Page 1.
• If 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.

If you don’t develop symptoms, test on Day 5.

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

*For more accurate results and if you have access to more tests, test twice with an at-home antigen test. Test a second time 24-48 hours after the first negative

Visit [www.phila.gov/testing](http://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.
If I was EXPOSED to someone with COVID-19, do I need to quarantine? I AM UP TO DATE on my COVID-19 vaccines.

You are up to date with COVID-19 vaccines, if you have received all doses in the primary series and all boosters recommended for you (and 2nd boosters for some) when eligible.

Fully vaccinated means it’s been 2 weeks after the final dose in the primary series.

Check out the CDC’s Vaccine up to date chart to find out if you are up to date. Or visit here: https://bit.ly/VAXSCHEDULE

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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Day 0


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<td>Tests Negative</td>
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Day 2

Day 3

Day 4

Day 5

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Day 7

Day 8

Day 9

Day 10

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

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

BOOSTER TOOL: You can also use CDC’s COVID-19 booster tool to learn if and when you can get boosters to stay up to date with your COVID-19 vaccines. Or visit here: https://bit.ly/BOOSTERSHOTS
Calculating Isolation and Quarantine

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, follow 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 positive, follow isolation recommendations on Page 1.
- If negative, continue masking and other recommendations mentioned above.

For more accurate results, and if you have access to more tests, test twice with an at-home antigen test. Test a second time 24-48 hours after the first negative test.
- 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.
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 CANT 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, test yourself immediately with an at-home antigen test.

Some people can be re-infected even if they recently had COVID-19. If you test positive or can’t test: follow isolation recommendations on page 1. If you test negative, 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.
Calculating Isolation and Quarantine

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.

Use CDC’s vaccination schedule (bit.ly/VAXSCHEDULE) or booster tool (bit.ly/BOOSTERSHOTS) to find out if you are up-to-date on your COVID-19 vaccines. If you have received all doses in the primary series and all recommended boosters when eligible, then you are up-to-date.

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.

If you are up to date and CAN mask: 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 are not up to date but CAN mask: 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, regardless of your up to date status: Quarantine while the person with COVID-19 is isolating AND for an additional 10 full days.

Scan for Vax Schedule:

Scan for Booster Tool:

Tested positive/Exposure to COVID-19  Quarantine period  Continue masking and precautions  Leave quarantine
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.

TESTING

When to test:

- If you develop symptoms – test immediately
  - If you recently had COVID (tested positive in the last 90 days), use an at-home antigen test
- If you aren’t in quarantine
  - 3 days after the person with COVID’s symptoms start (or tests positive) AND
  - 5 days after the person with COVID ends isolation
- If you are in quarantine
  - 5 days after the person with COVID ends isolation

If your test results are:

- Positive OR Can’t test when you have symptoms: follow isolation recommendations on Page 1.
- Negative: Finish quarantine (if applicable) and other recommendations mentioned above.
  - If you have symptoms, you may have another respiratory illness. Also stay away from others until symptoms improve and you’re fever free for 24 hours without fever-reducing medicine.
  - For more accurate results and if you have access to more tests, test twice with an at-home antigen test. Test a second time 24-48 hours after the first negative test.

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.