

General Population Isolation Guidance

What to do when you test Positive for Covid-19

- **Start isolating yourself right away.**
- **Stay home except to get medical care.**
- **Notify employer and close contacts***

*A close contact is someone you were around in the 48 hours prior to symptom onset for more than 15 mins in a 24 hour period.



I have isolated for 5 days, now what?

*Day 0 is your first day of isolation

I have no symptoms or I am noticeably better and have not had a fever*

*for at least 24 hours without using fever-reducing medications.

Actions to take:

- Take a Rapid Antigen test on day 5. If positive, continue isolation through day 10
- If negative and no symptoms, you may return to work/school on day 6
- Wear a well fitting surgical, KN95, or N95 mask around others (even at home) through day 10

I still have symptoms or my symptoms have returned

Actions to take:

- Continue isolation through day 10 or until fever free for more than 24 hours without the use of fever reducing medications.
- Avoid travel, stay away from vulnerable persons such as the unvaccinated and elderly

Certain settings like schools, healthcare facilities, and congregate living settings may have additional guidance. Seek immediate medical attention if you develop difficulty breathing.