

# Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should self-isolate to prevent spreading the disease to your family, friends, and community.

## How long should I self-isolate?

You should self-isolate for at least 5 full days after your symptoms start (or after your first positive test date if no symptoms). You can end isolation after 5 days if you test negative (antigen test preferred) on Day 5 or later—as long as you have no fever and your symptoms are improving. If you don't test, isolate for 10 full days, continuing until any fever resolves. Day 1 is the day *after* symptoms start (or *after* the day of your first positive test, only if you never have symptoms). Count from Day 1 and test on Day 5 (or later), to see if you can end isolation *after* Day 5. Wear a well-fitting mask around others – especially when indoors – for 10 days, even if you stop isolating earlier. See [Get the Most Out of Masking](#) for more information.

## How do I self-isolate?

- Stay home except to get medical care. Do not have any visitors.
- Wear a well-fitting mask when around others, including at home, especially around anyone unvaccinated, with a weak immune system, or at [higher risk](#) for serious COVID-19 illness.
- Wash your hands often; otherwise use hand sanitizer with at least 60% alcohol.
- Disinfect any surfaces you touch frequently. Use a separate bathroom or disinfect a shared bathroom after each use.
- Avoid being in the same room as other people, especially those [more likely to get sick](#), such as people who:
  - Are over age 65, pregnant, or severely overweight.
  - Have a chronic disease (like cancer, diabetes, heart/lung disease).
  - Have a weak immune system.
- If you must be in a shared space, open windows when possible (or use portable air cleaners and exhaust fans) and ensure everyone is wearing a well-fitting mask.

## How can I care for myself at home?

Proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain. Contact your healthcare provider about treatment and any questions about your care, especially if you are at higher risk for serious illness or your symptoms worsen.



**Call 911 if you start to have emergency warning signs:**

- Difficulty breathing
- Pressure or pain in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

**If you call 911, tell the dispatch personnel that you have COVID-19.**



Scan the QR code to see the interactive links on this flyer.

