

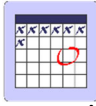
ISOLATE AND TAKE PRECAUTIONS IF YOU HAVE OR SUSPECT YOU HAVE COVID-19

ISOLATION

Stay home and away from others

Wear a mask around others

Start counting days



Day 0 is the day your symptoms started; if you never had symptoms, day 0 is the day you took a COVID-19 test.

Watch for emergency warning signs.

Seek help if they develop



ENDING ISOLATION

Isolate to day 6 or later, if you



- Never had symptoms or symptoms are improving, and
- Are fever-free for 24 hours without the use of fever-reducing medication.

Continue to isolate if your fever persists or other symptoms have not improved.

Isolate to day 10, if you experienced moderate symptoms, like shortness of breath or difficulty breathing.

Isolate to day 10 and talk with a healthcare provider before you end isolation, if you

- Were hospitalized
- Experienced severe illness
- Have weakened immune system

AFTER ISOLATION

Avoid being around people more likely to get very sick.

Wear a high-quality mask when around others indoors

WHEN TO STOP WEARING A MASK

1. Take one antigen test when you end isolation.
2. Take a second test 48 hours later.
3. If both tests are negative, you can stop wearing a mask.
4. If either test is positive, keep testing every 48 hours until you have two back to back negative results before you stop wearing a mask.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)