When to start and end isolation

You should isolate until all three things are true:

- ✔ You have not had a fever (without using fever-reducing medications) for at least 24 hours.
- ✔ Your other symptoms have improved since they first began.
- ✔ At least 10 days have gone by since your symptoms first started.

If you had no symptoms, stay in isolation for 10 days starting from the date you took your positive test.

Scenario 1: You developed symptoms of COVID-19 and then got a positive test result.

Your last day of isolation is 10 days from when your symptoms began and you meet all three criteria listed above. If you do not meet all three criteria above, stay in isolation until you do.

Date person with COVID-19 started symptoms + 10 days = end of isolation

	mon	tues	wed	thu	fri	sat	sun	
You develop symptoms	30	31	1	2	3	4	5	You test positive for COVID-9
	6	7	8	9	10	11	12	
Last day of isolation	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	
	27	28	29	30	1	2	3	
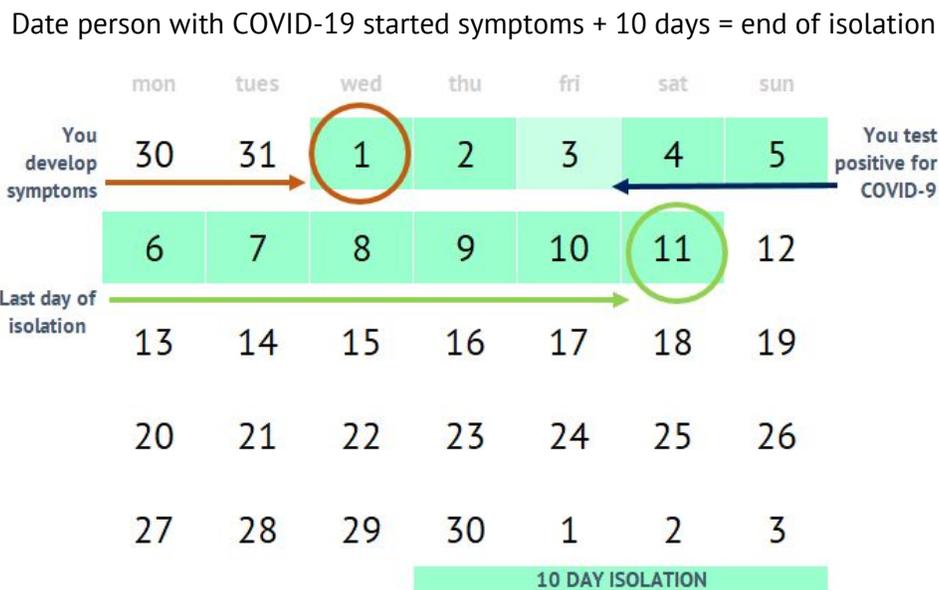
10 DAY ISOLATION

Scenario 2: You tested positive for COVID-19 but you do not have symptoms, and you do not develop symptoms after being tested.

Your last day of isolation is 10 days from the date you had a positive test.

Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

	mon	tues	wed	thu	fri	sat	sun
You test positive for COVID-19	30	31	①1	2	3	4	5
	6	7	8	9	10	⑪11	12
Last day of isolation	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
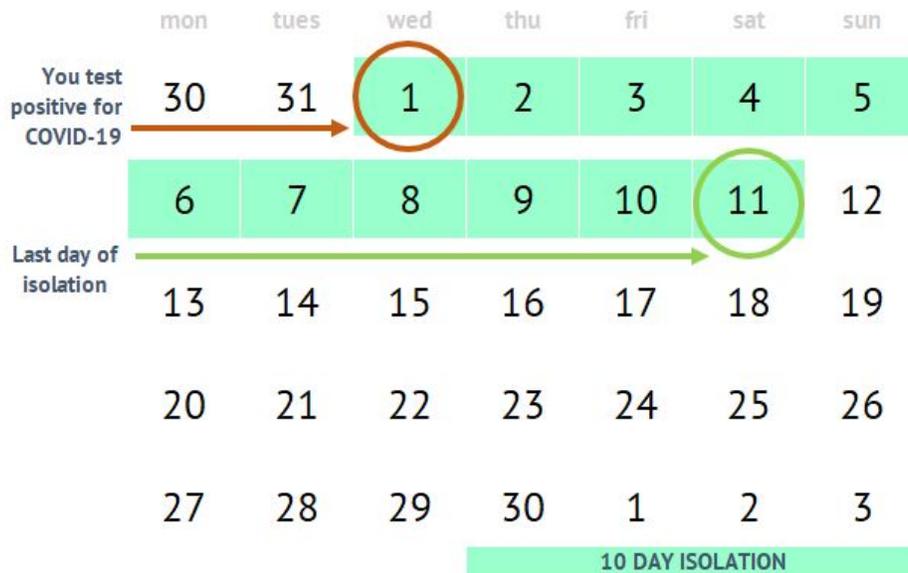
10 DAY ISOLATION

Scenario 3: You tested positive for COVID-19 when you did not have symptoms, but you developed symptoms after being tested.

Your last day of isolation is 10 days from the date your symptoms started AND you have not had a fever (without using fever-reducing medications) for at least 24 hours and your other symptoms have improved since they first began.

Your date of isolation is 10 days from the day your symptoms started and you meet the criteria listed above regarding your symptoms.

	mon	tues	wed	thu	fri	sat	sun	
You test positive for COVID-19	30	31	①1	2	3	4	5	You develop symptoms
	6	7	8	9	10	11	12	
Last day of isolation	⑬13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	
	27	28	29	30	1	2	3	

12 DAY ISOLATION

Adapted from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

Your isolation dates:

Date your symptoms began
OR date of positive test if no
symptoms: _____

Date of isolation start: _____

Date of isolation end: _____