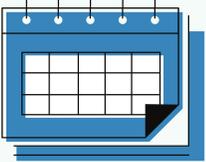


For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:



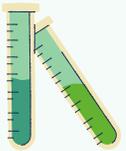
**Symptom-based  
strategy**



**If you had COVID-19 symptoms** and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ At least 10 days have passed since symptoms first appeared, **and**
- ✓ At least 24 hours with no fever without fever-reducing medication, **and**
- ✓ Other symptoms have improved.\*

\*Note that loss of taste or smell might persist for weeks or months and this should not delay the end of isolation



**Time-based  
strategy**



**If you tested positive for COVID-19 and never had any symptoms** and were directed to care for yourself at home, you can leave your "sick room" and home if:

- ✓ At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, **and**
- ✓ You continue to have no symptoms since the test.

Persons with COVID-19 who have [severe to critical illness](#) or who are [severely immunocompromised](#) might need to stay home longer than 10 days. These persons can consider using a test-based strategy to discontinue isolation, in consultation with an infectious disease expert.

- A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 1) healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider.
- Healthcare personnel should be excluded from work during isolation and then follow [Return to Work Practices and Work Restrictions](#) of universal source control and self-monitoring for symptoms.
- Based on CDC guidance for [Discontinuation of Isolation in Non-Healthcare Settings](#) aimed to prevent most instances of further spread.

If you had close contact with a person who has COVID-19 while they were contagious\*, get tested, watch for symptoms, and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

**Close contact includes:**

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or
- Living with or providing care for a person who has COVID-19

Exception: In K-12 settings, a student who is within 3 to 6 feet of an infected student is not considered a close contact as long as both students wore well-fitting masks the entire time. This exception may also be applied to school buses if seating charts are documented and adherence to seating assignments and mask use is verified.

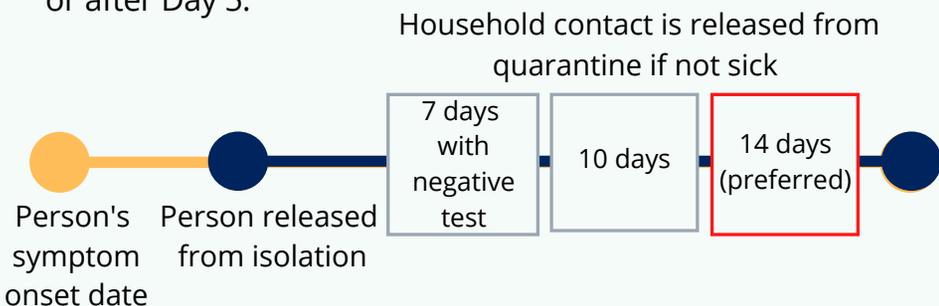
\* A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

**HOUSEHOLD CONTACTS**

VDH recommends that you **quarantine (stay home)** while the infected person is home and for **14 days** after the person has been released from isolation (because exposure is considered ongoing within the house).\*\*

If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier^:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

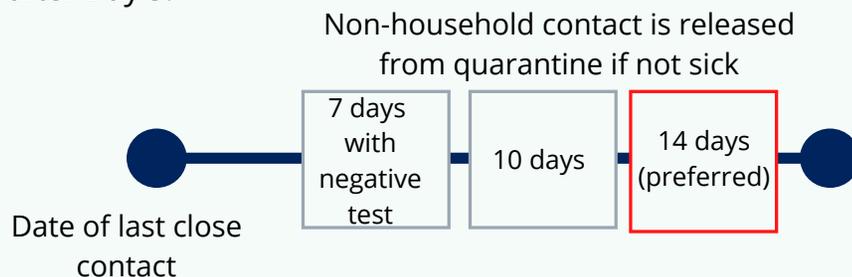


**NON-HOUSEHOLD CONTACTS**

VDH recommends that you **quarantine (stay home)** for **14 days** after the date of last close contact with the person infected with COVID-19.

If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier^:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



\*\* If you are able to have **complete separation** from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact.

^Follow local quarantine recommendations, including those from your school, daycare, or workplace, because a full 14-day period might be required.



**HEALTHCARE  
PERSONNEL**

Asymptomatic healthcare personnel (HCP) with potential work exposure to patients, visitors, or other HCP with COVID-19 may be [assessed for exposures and advised on work restrictions](#) for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see [CDC strategies to mitigate HCP staffing shortages](#). **Asymptomatic HCP who are fully vaccinated for COVID-19 and who do not have an underlying immunocompromising condition do not need to stay home (quarantine) or be restricted from work after a workplace or community-associated exposure, but they should be tested. HCP should continue to follow all [travel recommendations](#).**



**CRITICAL  
INFRASTRUCTURE  
WORKERS**

VDH recommends that personnel who are not fully vaccinated and are filling essential critical infrastructure roles (as defined in [CISA Framework](#)) **quarantine for 14 days** after their last exposure. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

Exposed critical infrastructure workers, except for education sector workers, may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).



**WHO IS NOT  
REQUIRED TO  
QUARANTINE  
AFTER  
EXPOSURE**

People who:

- Have had COVID-19 within the past 3 months as long as they do not have new symptoms.
- Have been fully vaccinated for COVID-19 as long as they have no symptoms. They should still get tested 3-5 days after exposure and wear a mask in indoor public settings for 14 days or until their test is negative.
  - Fully vaccinated means 2 weeks or more have passed since receipt of the second dose in a 2-dose series, or 2 weeks or more have passed since receipt of 1 dose of a single-dose vaccine.
  - If you have a condition or are taking medications that weaken your immune system, you may **not** be fully protected even if you are fully vaccinated. Continue to take all [precautions](#) for unvaccinated people until advised otherwise by your healthcare provider.

**People who are not required to quarantine after exposure must still watch for COVID-19 symptoms for 14 days. People who are not fully vaccinated should follow all other recommendations until fully vaccinated (mask, distance, avoid crowds and poorly ventilated areas, wash hands often).**