

# Isolation and Quarantine recommendations

A brief overview of the latest guidance



Info: [CDC.gov](https://www.cdc.gov)

Last updated: 12-28-21

# If you are diagnosed with COVID-19

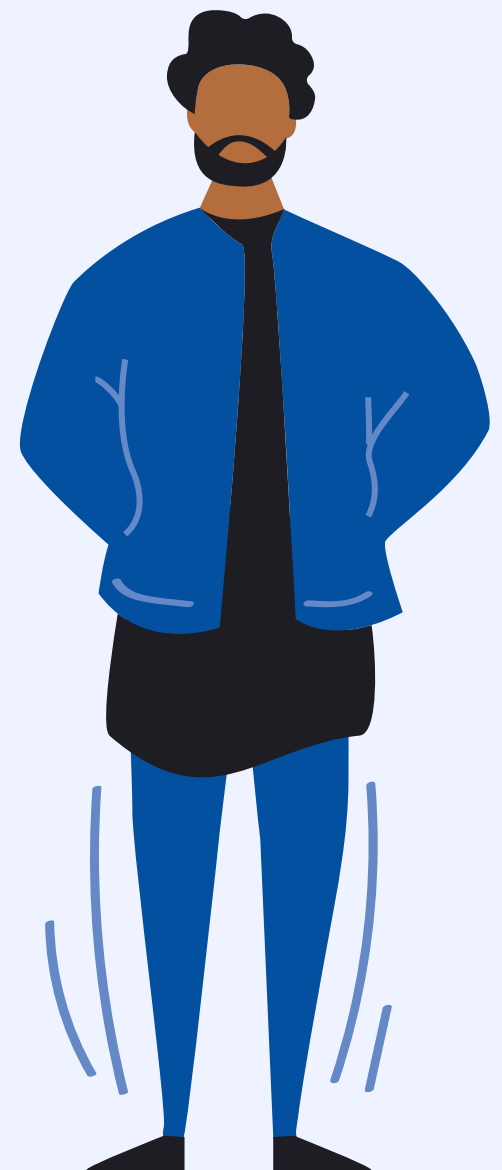
If you are asymptomatic 5 days after testing positive you can end isolation, but continue to wear a mask around all people for at least five more days.

If you have symptoms but they are steadily improving, and you have no fever five days after testing positive, you may leave isolation. Continue to mask up around all other people for another 5 days.

If your symptoms are not improving after five days continue to isolate until 10 days have passed since your first day of symptoms

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# If you are exposed to COVID-19 and not fully vaccinated or boosted:

If you have not been fully vaccinated, or it has been at least six months since you got your last mRNA vaccine (Moderna or Pfizer) or 2 months since you received your J&J dose and you have not received a booster dose:

Quarantine for five days, followed by strict mask use for an additional five days. If you develop symptoms within that time, get a test (PCR) and stay home until you receive results.



Info: [CDC.gov](https://www.cdc.gov)

Last updated: 12-28-21

# If exposed to COVID-19 and fully vaccinated and boosted

You do not need to quarantine, but please wear a mask for 10 days after the exposure. If you develop symptoms get a test and stay home.



Info: [CDC.gov](https://www.cdc.gov)

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**Important: If you are exposed to COVID-19, it is important to get a test five days after you were exposed. Getting tested too early may give you false negative result.**

**See the CDC's full recommendations at [cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)**