CDC Recommendations for Reducing Cases of COVID-19 in the General Public
-Exposure and Isolation-
Updated August 2022

Community Guidelines for Exposure to a COVID-19 Case

**Self-Monitor for 10 Full Days**

*Wear a high-quality mask around others as soon as you find out you were exposed*

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

*Do not go places where you are unable to wear a mask, including public transportation and travel settings.*

*Monitor for symptoms for 10 full days. If you develop symptoms, test immediately.*

*Take extra precautions if you will be around people who are more likely to get very sick from COVID-19*

*Get tested at least 5 full days after your last exposure*

- If you test **negative**: continue taking precautions through day 10
- If you test **positive**: isolate immediately

Community Guidelines for Isolation After Testing Positive

**Regardless of Vaccination Status**

*Isolate for 5 full days*

*Notify your close contacts that they were exposed*

*Wear a high-quality mask if you must be around others*

**Do not** go places where you are unable to wear a high-quality mask

*Do not** travel

*Use separate bathrooms and personal household items (towels, cups, utensils) if possible*

*Take steps to improve ventilation at home*

*Monitor your symptoms and seek medical attention if you have an emergency warning sign*

*Follow isolation release guidelines below*

**Restart isolation at day 0 if your COVID symptoms recur or worsen after day 10.**

<table>
<thead>
<tr>
<th></th>
<th>Symptomatic</th>
<th>Asymptomatic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start of Isolation (Day “0”)</td>
<td>Day of symptom onset.</td>
<td>Day you tested positive. (Note: If you develop symptoms within 10 days, isolation restarts to day 0 on the day of symptom onset)</td>
</tr>
<tr>
<td>Ending Isolation</td>
<td>After day 5 of isolation if you are fever free for 24 hours and symptoms are improving.</td>
<td>After day 5 of isolation.</td>
</tr>
<tr>
<td>Ending Mask Usage</td>
<td>After day 10 of isolation, or before day 10 with two sequential negative tests taken 48 hours apart.</td>
<td>After day 10 of isolation, or before day 10 with two sequential negative tests taken 48 hours apart.</td>
</tr>
</tbody>
</table>

Additional Resources

- MMWR Article: Summary of Guidance for Minimizing the Impact of COVID-19 on Individual Persons, Communities, and Health Care Systems
- CDC: Isolation Recommendations
- CDC: Exposure Recommendations
- CDC: How to Protect Yourself and Others
CDC Recommendations for Reducing Cases of COVID-19 in the General Public
-Testing for Infection-
Updated August 2022

**When Should I Get Tested for COVID-19?**

- If you have symptoms consistent with COVID-19
- If you were exposed to COVID-19 and do not have symptoms, test at least 5 full days after your exposure.
- If you are in certain high-risk settings, you may need to test as part of a screening program.
- Consider testing before contact with someone at high risk for severe COVID-19, especially if you are in an area with a medium or high COVID-19 Community Level.

**I Recently Had COVID-19, Should I Test Again?**

<table>
<thead>
<tr>
<th></th>
<th>My First Positive Test Was Less Than 30 Days Ago</th>
<th>My First Positive Test Was 31-90 Days Ago</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newly Symptomatic or Worsening Symptoms</td>
<td>Use antigen tests. If negative, multiple tests may be necessary.</td>
<td>Use antigen tests. If negative, multiple tests may be necessary.</td>
</tr>
<tr>
<td>Asymptomatic</td>
<td>Testing is <strong>not</strong> recommended to detect a new infection.</td>
<td>Use antigen tests. If negative, multiple tests may be necessary.</td>
</tr>
</tbody>
</table>

*If You Test Positive, Begin Isolation Immediately*

**If You Test Negative:**

- and have symptoms, you may have COVID-19 but tested before the virus was detectable. Take general precautions and consider doing another test in 24-48 hours.
- and **don't** have symptoms but were exposed, you should continue to take recommended steps after exposure.

**Additional Resources**

- [CDC: COVID-19 Testing - What You Need to Know](#)
- [CDC: Self-Testing at Home or Anywhere](#)
- [CDC: COVID-19 Community Levels](#)
- [CDC: Long COVID](#)
- [CDC: Symptoms of COVID-19](#)
- [CDC: Understanding Risk](#)