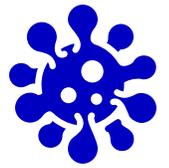




CDC Recommendations for Reducing Cases of COVID-19 in the General Public

-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 to 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 to 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.

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

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?

	My First Positive Test Was Less Than 30 Days Ago	My First Positive Test Was 31-90 Days Ago
Newly Symptomatic or Worsening Symptoms	Use antigen tests. If negative, multiple tests may be necessary.	Use antigen tests. If negative, multiple tests may be necessary.
Asymptomatic	Testing is not recommended to detect a new infection.	Use antigen tests. If negative, multiple tests may be necessary.

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](#)