

# When To End Isolation

## SYMPTOM BASED STRATEGY



### If you have COVID-19 symptoms and are able to recover at home, even if you are vaccinated:



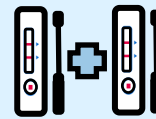
You can leave your home when at least 5 days have passed since symptoms began and your symptoms have ended or improved and you have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers).



Wear a mask around people until day 10 to minimize the risk of infecting others.



If you can not mask due to disability or if the individual is under age 2, continue to stay home for 10 days.



End wearing a mask sooner than day 10 by testing after day 5. 2 negative [antigen tests](#) (at least 48 hours apart) are needed. And, you need to no longer feel sick.

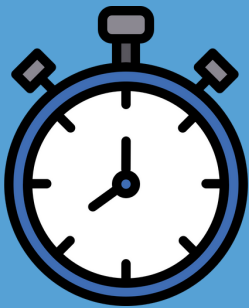


#### When counting days:

**Day 0** is your first day of symptoms.

**Day 1** is the first full day after your symptoms developed.

## TIME-BASED STRATEGY



### If you test positive for COVID-19 but never had symptoms, even if you are vaccinated:



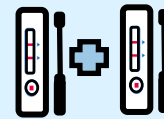
You can leave your home when at least 5 days have passed since the date of your first positive test and you continue to have no symptoms since you were tested. If you develop symptoms after beginning isolation for a positive test result, restart isolation following the symptom-based criteria above. Your 5-day isolation period will start over.



Wear a mask around people until day 10 to minimize the risk of infecting others.



If you can not mask due to disability or if the individual is under age 2, continue to stay home for 10 days.



End wearing a mask sooner than day 10 by testing after day 5. 2 negative [antigen tests](#) (at least 48 hours apart) are needed.



#### When counting days:

**Day 0** is the date of your first positive test result.

**Day 1** is the first full day after testing positive.

## EXPOSED TO COVID-19?



If you were exposed to the virus that causes COVID-19 or have been told by a medical provider that you were exposed, here are the steps that you should take:

- Wear a high-quality mask around others and do not go places where you are unable to wear a mask for 10 days.
- Follow the CDC's [travel guidance](#).
- If you have symptoms, immediately isolate and get tested.
- Even if you feel well, test for COVID-19 at least 5 full days after your exposure.
- Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

### How do you isolate?

As much as possible:

- [Stay home](#) in a specific room and away from other people.
- Do not visit public areas.
- If you must leave to see a doctor, properly wear a quality mask.

### If you had severe COVID-19 illness or have a weakened immune system:

- Even if you were vaccinated, isolation is recommended for at least 10 days and can be extended for up to 20 days to protect you and others.
- Talk with your medical provider before ending isolation as additional testing may be needed.

### Healthcare personnel

with confirmed or suspected COVID-19 should check out the Department of Health's most recent [guidance](#) before returning to work.

# Resources Are Available

## Is the COVID-19 virus making people sick where I live and work?



Pennsylvania's respiratory virus summary is available at [2023-24 Flu \(pa.gov\)](https://2023-24.Flu.pa.gov). This dashboard is updated weekly and includes hospital admissions, county and state based data.

### Dashboard information includes:

- A weekly summary of flu and RSV in PA.
- Seasonal comparisons for the Flu and RSV.
- Emergency department visits where symptoms like cough, sore throat or runny nose were recorded as the reason for the visit.
- New COVID-19 hospital admissions are updated from the [CDC's Tracker](#) each week.
- COVID-19 and Flu mortality based on [U.S. Influenza Surveillance: Purpose and Methods | CDC](#).

## Where can I get tested?

A map of COVID-19 test sites in Pennsylvania is available online at [Pennsylvania Covid-19 Viral Testing \(arcgis.com\)](https://Pennsylvania Covid-19 Viral Testing (arcgis.com)).

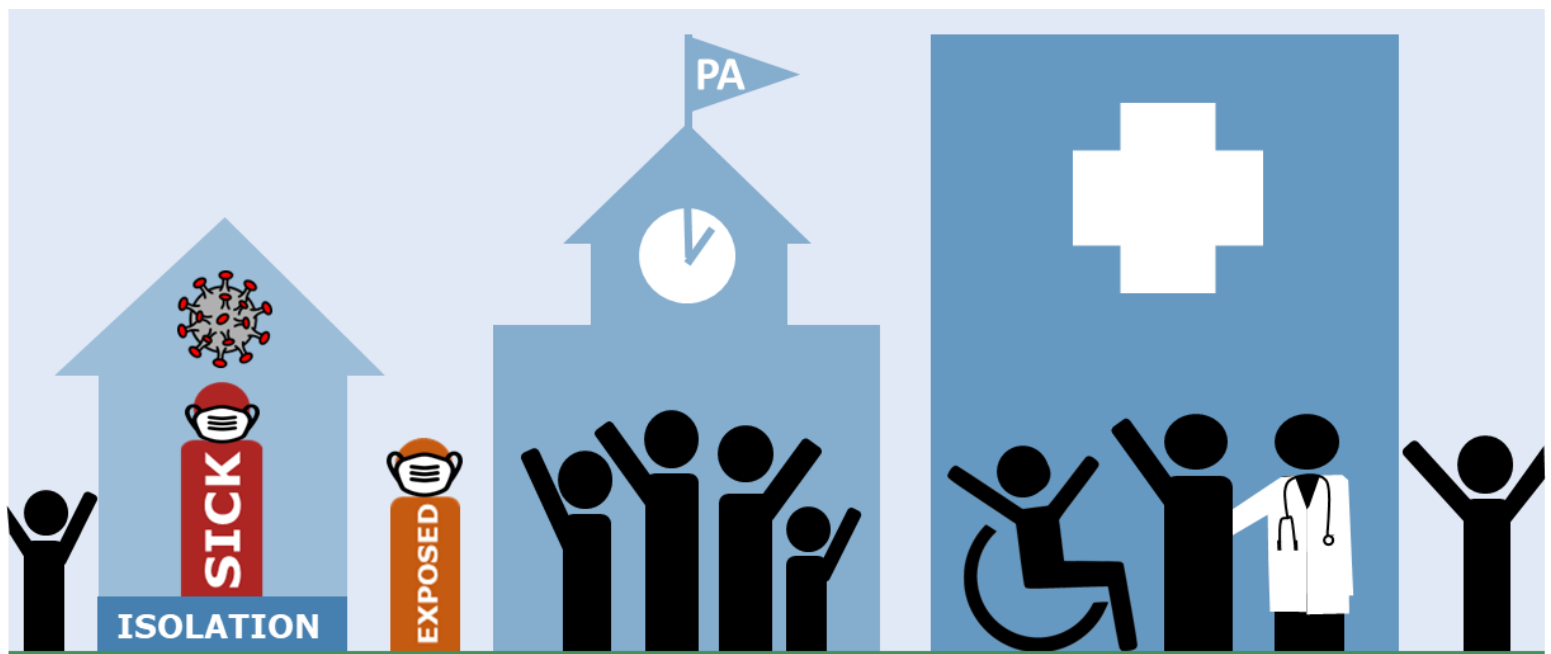


## If my at-home COVID-19 test is negative am I clear to be around others?

No, the U.S. Food and Drug Administration (FDA) advises [repeat testing](#) following a negative test result from any at-home COVID-19 antigen test, to reduce the risk that an infection may be missed and to help prevent people from unknowingly spreading the virus.

## How can I reduce my risk of getting sick with COVID-19?

The best defense against COVID-19 remains [getting vaccinated](#) and continuing basic health and hygiene practices, like handwashing, staying home when sick and avoiding contact with people who have suspected or confirmed COVID-19.



**1-877-PA-HEALTH**  
(1-877-724-3258)



Or, text the Crisis Text Line:  
**Text 'PA' to 741-741**  
for free, 24/7 crisis counseling