

KEEP YOUR COMMUNITY SAFE

WHEN TO END ISOLATION

SYMPTOM-BASED STRATEGY



EVEN IF VACCINATED, IF YOU HAVE COVID-19 SYMPTOMS AND ARE ABLE TO RECOVER AT HOME

DAY
5

You can leave your separate room and 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).

DAY
10

Wear a mask around people until day 10 to minimize the risk of infecting others you encounter. If you cannot mask due to disability or if the individual is under age 2, continue to stay home for 10 days.

When counting days, Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

See page 2 for guidelines relating to members of a COVID-positive household.

TIME-BASED STRATEGY



EVEN IF VACCINATED, IF YOU TEST POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

DAY
5

You can leave your separate room and 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.

DAY
10

Wear a mask around people until Day 10 to minimize the risk of infecting others you encounter. If you cannot mask due to disability or if the individual is under age 2, continue to stay home for 10 days.

When counting days, Day 0 is the date of your positive viral test. Day 1 is the first full day after your positive test was administered.

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.

IMMUNE SUPPRESSED



AT ANY AGE, EVEN IF VACCINATED, IF YOU HAD SEVERE ILLNESS FROM COVID-19 OR HAVE A WEAKENED IMMUNE SYSTEM

Your isolation timeline may need to be extended to protect you and others. Isolation is recommended for at least 10 days and can be extended for up to 20 days. Testing may be required to determine when it is safe for you to be around others. Talk with your primary care physician or infectious disease expert before ending isolation.

VACCINATED



IMMUNITY FROM DISEASE AND/OR VACCINATION DECREASES OVER TIME, FOLLOW [CDC GUIDANCE](#) TO MAXIMIZE IMMUNITY

All individuals with symptoms of being sick (regardless of vaccination status) should immediately isolate and get tested. If the test results are positive, follow the symptom-based isolation strategy.

IF YOU HAVE HAD CONTACT WITH SOMEONE WITH COVID-19

See page 2 for guidelines relating to quarantine.

HEALTHCARE PERSONNEL



IF YOU WORK IN HEALTHCARE AND HAVE COVID-19

[Special guidance](#) is applied to all Healthcare personnel (HCP) in the context of local circumstances, while at work. HCP vaccination status, the potential for contact with people at high-risk for severe COVID-19, and employer staffing needs are considered when ending isolation from work duties.

KEEP YOUR COMMUNITY SAFE

WHEN TO END QUARANTINE

IF YOU

LIVE WITH SOMEONE WITH COVID-19 AND YOU ARE UNVACCINATED OR ARE NOT UP-TO-DATE ON YOUR VACCINATIONS OR HAVE NOT TESTED POSITIVE FOR COVID IN THE PREVIOUS 90 DAYS



HOUSEHOLD CONTACT



QUARANTINE
with COVID+ HOUSEHOLD MEMBER DURING THEIR ISOLATION



YOUR QUARANTINE
BEGINS AFTER COVID POSITIVE HOUSEHOLD MEMBER IS RELEASED FROM THEIR ISOLATION



RELEASE FROM QUARANTINE

VIRAL TEST ON DAY 5 OF YOUR QUARANTINE



WEAR A WELL-FITTING MASK TO MINIMIZE YOUR RISK OF INFECTING OTHERS BEGINNING ON DAY 0.



DO NOT END QUARANTINE IF YOU ARE SICK

IF AT ANY TIME DURING YOUR STAY AT HOME YOU DEVELOP SYMPTOMS CONTINUE TO STAY HOME AND GET TESTED

If you are able to live completely separate from the person in your house with COVID-19 follow the non-household contact timeframe.

Living separately from your housemate means no contact, no time together in the same room, and no sharing of any spaces such as a bathroom or bedroom.

IF YOUR

COVID-19 CONTACT DOES NOT LIVE WITH YOU AND YOU ARE UNVACCINATED OR ARE NOT UP-TO-DATE ON YOUR VACCINATIONS OR HAVE NOT TESTED POSITIVE FOR COVID IN THE PREVIOUS 90 DAYS



NON-HOUSEHOLD CONTACT



QUARANTINE
AFTER BEING NOTIFIED OF BEING A CLOSE CONTACT IF YOU ARE NOT VACCINATED AND BOOSTED



RELEASE FROM QUARANTINE

VIRAL TEST ON DAY 5



WEAR A WELL-FITTING MASK TO MINIMIZE YOUR RISK OF INFECTING OTHERS BEGINNING ON DAY 0.



DO NOT END QUARANTINE IF YOU ARE SICK

IF AT ANY TIME DURING YOUR STAY AT HOME YOU DEVELOP SYMPTOMS CONTINUE TO STAY HOME AND GET TESTED

IF YOU

ARE UP-TO-DATE DATE ON YOUR VACCINATIONS



NO NEED TO QUARANTINE
AFTER BEING NOTIFIED OF BEING A CLOSE CONTACT



VIRAL TEST ON DAY 5



WEAR A WELL-FITTING MASK TO MINIMIZE YOUR RISK OF INFECTING OTHERS BEGINNING ON DAY 0.



IF AT ANY TIME YOU DEVELOP SYMPTOMS STAY HOME AND GET TESTED

KEEP YOUR COMMUNITY SAFE

RESOURCES ARE AVAILABLE

WHO CAN GET A BOOSTER

COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccination.

People are protected best from severe COVID-19 illness when they stay up-to-date with their COVID-19 vaccines, which includes getting all recommended boosters when eligible.

There are different COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised.

WHO SHOULD GET 1 BOOSTER

Everyone ages 5 years and older should get 1 booster after completing their COVID-19 vaccine primary series, if eligible.

WHO SHOULD GET 2 BOOSTERS

Adults ages 50 years and older

Some people ages 12 years and older who are moderately or severely immunocompromised.

Questions? use this tool to determine when or if you (or your child) can get one or more COVID-19 boosters. [COVID-19 Vaccine Boosters | CDC](#)

WHERE CAN I GET TESTED FOR COVID-19?

A map of testing locations in Pennsylvania is [available here](#).

DOES BEING "UP-TO-DATE" CHANGE QUARANTINE GUIDELINES?

Yes, to avoid quarantine you must be up-to-date on COVID-19 vaccinations. Use the [CDC's COVID-19 booster](#) tool to learn if and when you can get boosters to stay up-to-date with your COVID-19 vaccines.

WHO ARE CLOSE CONTACTS?

A close contact is anyone providing care for a person with COVID-19, or living with a person who has COVID, or anyone who has been within six feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period. A person with COVID-19 is considered to be contagious starting from two days before they became sick (or two days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

IF MY TEST IS NEGATIVE AM I CLEAR?

No, if you were a close contact with someone with COVID-19 and have symptoms, but tested negative, continue to quarantine. If symptoms persist, consider waiting a couple of days and get tested a second time.

WHERE CAN I GO WHEN QUARANTINED?

As much as possible, stay in a specific room and away from other people and pets in your home. Do not visit public areas. Only leave your home to get medical care.

ANSWER YOUR PHONE

If you test positive for COVID-19, a public health staff member may try to call you within 24 to 48 hours of receiving the test result. They may conduct an investigation or share a Connect & Protect Form to collect information on the people and places you came in contact with while you were infectious. Also, an exposed contact may hear from a contact tracer who will help to identify needs and be a resource for other health or social service supports.

FRAUD ALERT

The Health Department will never ask you for financial information; including social security, bank account, or credit card numbers.

HELP IS AVAILABLE

If you or someone you know is experiencing a crisis call **1-877-PA-HEALTH** (1-877-724-3258)

To contact the Crisis Text Line
Text 'PA' to **741-741** for free, 24/7 crisis counseling

IF A FRIEND, FAMILY MEMBER, EMPLOYER, OR SCHOOL SAYS YOU ARE A CLOSE CONTACT AND YOU ARE NOT UP TO DATE ON YOUR COVID-19 VACCINATIONS, STAY HOME AND GET TESTED

