ISOLATION AND PRECAUTIONS
FOR PEOPLE WITH COVID-19

If you have COVID-19, you can spread the virus. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick.

📅 WHEN TO ISOLATE

All persons with COVID-19 symptoms, regardless of vaccination status or previous infection, should:

- Self-isolate and **test as soon as possible** to determine infection status.
  - Knowing one is infected early during self-isolation enables earlier access to treatment options, if indicated (especially for those who may be at risk for severe illness), and notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.
  - For symptomatic persons who have tested positive within the previous 31-90 days days, an antigen test is preferred.
- Remain in isolation while waiting for test results.
- If testing negative with an antigen test but you are still symptomatic, consider continuing self-isolation and retesting in 1-2 days, particularly if tested during the first 1-2 days of symptoms.

If you test **Positive:** Follow the full isolation recommendations below.

🏠 ISOLATION

Everyone, regardless of vaccination status, previous infection or lack of symptoms.
If you test positive for COVID-19, **stay home for at least 5 days** after start of symptoms (or after date of first positive test if no symptoms) and **isolate from others.**

The following are general steps for people suspected or confirmed to have COVID-19 who need to self-isolate:

- Stay home except to get medical care.
- Separate yourself from other people and pets in your home. Do not have any visitors.
- Wear a mask over your nose and mouth in indoor settings, including at home if other people are present.
- Avoid sharing rooms/spaces with others; if not possible, open windows to improve ventilation.
- Avoid using the same bathroom as others; if not possible, clean and disinfect after use.
- Clean or disinfect "high-touch" surfaces routinely (at least once daily).
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes.
- Do not travel. For travel guidance, see CDC's Travel webpage.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.
- Learn more about what to do if you have COVID-19.

🚪 ENDING ISOLATION

You may end isolation AFTER Day 5 (that is, Day 6 or later) IF:

- Symptoms are not present, or are mild and improving; **AND**
- You are fever-free for 24 hours (without the use of fever-reducing medication).

You should continue to isolate if:

- Fever is present, isolation should be continued until 24 hours after fever resolves without the use of fever-reducing medications.
- Symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.
- After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at Day 0.

Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

ⓘ RESOURCES

For more information, please contact the COVID-19 information line at (951) 358-5000 or click on the links below:

Resources	COVID-19 Testing	COVID-19 Vaccine
COVID-19 Treatment	At-Home Test Reporting	RUHS Guidance