



# Isolation Instructions for Individuals Who Have or Likely Have COVID-19

**If you have tested positive for COVID-19, there are important steps you can take to protect yourself and others.**

## What is Isolation?

Isolation is when you stay home and away from others, even in your household. Isolation is for people who are sick or who test positive for COVID-19. Isolate when you test positive for COVID-19, to protect others.

## When should I Isolate?

If you test positive or have symptoms of COVID-19, you should stay away from others, even at home and even if you have been vaccinated. Isolate for at least 5 full days after your symptoms start, or after your first positive test date if you don't have symptoms.

## Ending Isolation:

You can end isolation after 5 days if you test negative (use an antigen test) on Day 5 or later – as long as you do not have a fever and your symptoms are getting better. If you still test positive on or after Day 5 or if you don't test, isolate for 10 full days, and until you don't have a fever. It is strongly recommended that you wear a [well-fitting mask](#) around others – especially when indoors – for 10 days, even if you stop isolating earlier.

**Day 1 is the day after symptoms start (or after the day of your first positive test if you don't have symptoms). Count from Day 1 and test on Day 5 (or later).**

## How do I Isolate?

Stay home except to get medical care, and avoid being in the same room as other people, especially those [more likely to get sick](#):

- Are over age 65; are pregnant, are severely overweight; have a chronic disease (like cancer, diabetes, heart/lung disease); have a weak immune system.

If you must be in a shared space, open windows, if safe, to increase air flow, or use [air cleaners and exhaust fans](#). Have everyone wear a [well-fitting mask](#).

**Scan the QR code to see the interactive links on this flyer.**

**For full directions on how to isolate, visit [cdph.ca.gov](https://cdph.ca.gov).**



**Call 911 if you start to have emergency warning signs**



difficulty breathing



pressure or pain in chest



bluish lips or face



confused or hard to wake



other serious symptoms

**If you call 911, tell the dispatch personnel that you have COVID-19.**

