Persons with COVID-19 who have severe to critical illness or who are severely immunocompromised might need to stay home longer than 10 days. These persons can consider using a test-based strategy to discontinue isolation, in consultation with an infectious disease expert.

If you had COVID-19 symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- At least 10 days have passed since symptoms first appeared, and
- At least 24 hours with no fever without fever-reducing medication, and
- Other symptoms have improved.*

*Note that loss of taste or smell might persist for weeks or months and this should not delay the end of isolation

If you tested positive for COVID-19 and never had any symptoms and were directed to care for yourself at home, you can leave your "sick room" and home if:

- At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, and
- You continue to have no symptoms since the test.

When it is safe to be around others:

For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:

- A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 1) healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider.
- Healthcare personnel should be excluded from work during isolation and then follow Return to Work Practices and Work Restrictions of universal source control and self-monitoring for symptoms.
- Based on CDC guidance for Discontinuation of Isolation in Non-Healthcare Settings aimed to prevent most instances of further spread.
Based on CDC guidance for Community-Related Exposures and When to Quarantine

If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:
- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or
- Providing care for a person who has COVID-19, or
- Living with a person who has COVID-19

*A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

**If you are able to have complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact.

**Non-household contact is released from quarantine if not sick

- After 7 days with a negative PCR or antigen test performed on or after Day 5.
- After 10 days without testing; or
- After 14 days (preferred)

**Household contact is released from quarantine if not sick

- After 7 days with a negative test.
- After 10 days without testing; or
- After 14 days (preferred)

VDH recommends that you quarantine (stay home) while the infected person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house)****.

If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:
- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

**If you are able to have complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact.

**Household contact is released from quarantine if not sick

- After 7 days with a negative PCR or antigen test performed on or after Day 5.
- After 10 days without testing; or
- After 14 days (preferred)

**Non-household contact is released from quarantine if not sick

- After 7 days with a negative test.
- After 10 days without testing; or
- After 14 days (preferred)

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- After 7 days with a negative test.
- After 10 days without testing; or
- After 14 days (preferred)

Date of last close contact

Household contact is released from quarantine if not sick

- After 7 days with a negative PCR or antigen test performed on or after Day 5.
- After 10 days without testing; or
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Non-household contact is released from quarantine if not sick

- After 7 days with a negative test.
- After 10 days without testing; or
- After 14 days (preferred)

Date of last close contact

VDH recommends that you quarantine (stay home) while the infected person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house)****.

If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:
- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

**If you are able to have complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact.
Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be assessed for exposures and advised on work restrictions for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see CDC strategies to mitigate HCP staffing shortages. HCP who were fully vaccinated for COVID-19 within the past 3 months may not be required to stay home from work.

VDH recommends that personnel filling essential critical infrastructure roles (as defined in CISA Framework) quarantine for 14 days after their last exposure. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

Exposed critical infrastructure workers, except for education sector workers, may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for critical infrastructure workers (non-healthcare) potentially exposed to COVID-19.

People who:

- Have had COVID-19 within the past 3 months as long as they do not develop new symptoms.
- Have been fully vaccinated for COVID-19 within the past 3 months as long as they have no symptoms and are not inpatients, residents in a healthcare setting, or residents of a correctional or detention facility.
  - Fully vaccinated means 2 weeks or more have passed since receipt of the second dose in a 2-dose series, or 2 weeks or more have passed since receipt of one dose of a single-dose vaccine.
  - Healthcare settings include hospitals and long-term care facilities (e.g., nursing homes, assisted living facilities).

People who are not required to quarantine after exposure must still watch for symptoms of COVID-19 for 14 days and continue to wear a mask, stay at least 6 feet away from others, avoid crowds, and wash hands often.

Based on CDC guidance for Risk Assessment and Work Restrictions for HCP, Critical Workers Exposed to COVID-19, and Interim Clinical Considerations for Use of mRNA COVID-19 Vaccines Currently Authorized in the United States. February 17, 2021