When is it safe to resume normal activities?

**I was sick with COVID-19**

- It is safe to end home isolation when:
  - At least **10 days** have passed since your symptoms first appeared
  - You haven’t had a fever for at least **24 hours** (without the use of medication) and other signs of illness are improving

**I was diagnosed with COVID-19, but never became sick**

- It is safe to end home isolation when:
  - At least **10 days** have passed since your positive diagnostic test

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**The person I was in contact with lives outside my home**

- It is safe to end quarantine when:
  - At least **14 days** have passed since your last contact with the person with COVID-19
  - You remain healthy

**The person I was in contact with lives with me**

- If you are able to separate completely from the person with COVID-19, it is safe to end quarantine when:
  - At least **14 days** have passed since your last contact with the person with COVID-19
  - You remain healthy

- If you are unable to separate completely, it is safe to end quarantine when at least **14 days** have passed since the person with COVID-19 was allowed to end home isolation

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1. Close contact means being within 6 feet of a person with COVID-19 for at least 15 minutes or having exposure to the person's respiratory secretions (e.g., coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious. A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation.

2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom).