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
AND
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 the day your test specimen was collected.

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
AND
You remain healthy.

The person I was in contact with lives with me

If you are able to separate completely\(^1\) 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 AND you remain healthy.

If you are unable to separate completely\(^2\), 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 AND you remain healthy.

1. Close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period 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 test specimen collection 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).