Regardless of vaccination status, **you should isolate from others when you have COVID-19**.

You should also isolate**if you are sick and suspect that you have COVID-19 but do not yet have**[**test**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)**results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

**IF YOU TEST**

Negative

You can end your isolation

**IF YOU TEST**

Positive

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

* **Day 0 is the day you were tested** (not the day you received your positive test result)
* **Day 1 is the first full day** following the day you were tested
* If you develop [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

* **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
* **Day 1 is the first full day** after the day your [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) started

If you had no symptoms

You may end isolation after day 5.

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

* Wear your mask through day 10.

**OR**

* If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results[1](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#ftn1) are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

**After you have ended isolation, if your COVID-19 symptoms recur or worsen,**restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.