

CDC COVID-19 Isolation Period for the General Population¹

Day	Situation
0	<ul style="list-style-type: none"> • Day of symptom onset, or day of positive test for those who are asymptomatic • Start isolation
Individuals with mild ² symptoms	
5	<ul style="list-style-type: none"> • If symptoms are resolving and no fever without the use of fever-reducing medications, then may end isolation² • If symptoms persist, continue isolation until symptoms resolving and no fever • Wear a mask around others for 5 additional days, including in the home
Individuals with moderate ² symptoms	
10	<ul style="list-style-type: none"> • If symptoms are resolving and no fever without the use of fever-reducing medications, then may end isolation
Individuals with severe ² symptoms	
10 – 20	<ul style="list-style-type: none"> • If symptoms are resolving and no fever without the use of fever-reducing medications, then may end isolation
Individuals with moderate and severe immunocompromising conditions and treatments ²	
20+	<ul style="list-style-type: none"> • These individuals might have a longer infectious period • Extend isolation to 20 or more days • Use a test-based strategy and consult with an infectious disease specialist to determine the appropriate duration

¹ State public health authorities determine quarantine period based on local conditions and needs. Healthcare personnel and those deemed essential workers may have different quarantine requirements from the general public. Those not included health care personnel who follow other guidelines, children under 2 years of age or others unable to wear a mask, those with moderate to severe illness, and those who are immunocompromised.

² Mild symptoms include fever, cough, sore throat, malaise, headache, muscle pain, nausea, vomiting, diarrhea, loss of taste and smell, without shortness of breath or abnormal imaging.

Moderate symptoms include evidence of lower respiratory disease during clinical assessment or imaging and who have an oxygen saturation (SpO₂) ≥94% on room air at sea level.

Severe symptoms include those requiring hospitalization for supplemental oxygen or other support.

<https://www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum/>

Description of moderate and severely immunocompromised conditions and treatments:

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#considerations-covid19-vax-immunocompromised>

³ The CDC does not comment on testing recommendations. States, other agencies, and the policies of individual organizations differ in testing requirements or recommendations. The Vermont Department of Health recommends two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4 when accessible.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>