



Guidance for People who Test Positive for COVID-19

As of October 11, 2025, the Centers for Disease Control and Prevention (CDC) isolation guidelines for COVID-19 are as follows:

Isolation Duration:

- Individuals with mild to moderate COVID-19 should isolate for 5 days from the onset of symptoms.
- Individuals with severe COVID-19 may need to isolate for a longer period, as determined by their healthcare provider.

When to End Isolation:

- Individuals can end isolation after 5 days if they meet the following criteria:
 - Their symptoms have improved significantly.
 - They have been fever-free for 24 hours without the use of fever-reducing medications.
 - Their cough has resolved or is significantly better.

Additional Precautions:

- Wear a well-fitting mask when around others for the first 5 days after isolation.
- Avoid contact with vulnerable individuals, such as the elderly or immunocompromised, for 10 days after isolation.
- Get tested for COVID-19 if symptoms develop after isolation.

Note: These guidelines may vary depending on local regulations and the specific circumstances of the individual. It is always recommended to consult with a healthcare provider for the most up-to-date information and guidance.