

# CDC & IDPH Isolation and Quarantine Guidelines

Last updated 4/15/22

Link for CDC Quarantine & Isolation Calculator: [COVID-19 Quarantine and Isolation | CDC](#)

## If You Test Positive for COVID-19 (Isolate):

### For everyone, regardless of vaccination status:

- Your first day of symptoms (or test date if no symptoms) is Day 0
- Stay home for at least the next 5 days and isolate from others, including those in your home (wear a well-fitted mask around them if you cannot isolate)
- If you have been fever-free for 24 hours and if your symptoms are resolving after 5 days (or if you had no symptoms and 5 days have passed), you can end isolation
- Take precautions until Day 10 – wear a well-fitted mask around others for 10 full days
- Avoid travel and avoid being around people who are high risk

## If You Were Exposed to Someone with COVID-19 (Quarantine): *(Exposure date is Day 0)*

### If you are up-to-date on COVID-19 vaccinations:

- No quarantine unless you develop symptoms
- Take precautions until Day 10 - wear a well-fitted mask around others for 10 full days
- Get tested at least 5 days after your last date of exposure
- Watch for symptoms for 10 days after your exposure, if you develop symptoms isolate immediately and get tested
- Avoid travel and avoid being around people who are high risk

### If you are NOT up-to-date on COVID-19 vaccinations:

- Stay home for at least 5 full days, wear a mask if you must be around others in your home
- Take precautions until Day 10 - wear a well-fitted mask around others for 10 full days
- Get tested at least 5 days after your last date of exposure
- Watch for symptoms for 10 days after your exposure, if you develop symptoms isolate immediately and get tested
- Avoid travel and avoid being around people who are high risk

### If you tested positive for COVID-19 within the past 90 days:

- No quarantine unless you develop symptoms
- Take precautions until Day 10 - wear a well-fitted mask around others for 10 days
- Watch for symptoms for 10 days after your exposure, if you develop symptoms isolate immediately and get tested
- Avoid travel and avoid being around people who are high risk

Call Community Health Partners at (712)-737-2971 or email [chp@siouxcountychnp.org](mailto:chp@siouxcountychnp.org)  
if you have any questions about Isolation or Quarantine Guidelines

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