

# ISOLATION GUIDELINES

## START

Have you tested positive  
(or suspect you have) COVID-19?



### YES

- ▶ Stay home for 5 days.
- ▶ Watch for emergency warning signs like trouble breathing. Seek help if they develop.

**During isolation, have any of the following occurred: never had symptoms, symptoms are improving, or are fever-free for 24 hours without the use of fever-reducing medication?**



### YES

- ▶ Return to your normal activities starting on day 6.
- ▶ Continue to wear a mask through day 10 or take 2 antigen tests (48 hours apart). If both tests are negative, you may remove your mask sooner than day 10.
- ▶ Until at least day 11, avoid being around people who are more likely to get very sick.

### NO

- ▶ Continue to isolate if your fever persists or other symptoms have not improved. Once symptoms have improved, refer to "Yes" box.
- ▶ Isolate through day 10 if you experienced moderate illness, like shortness of breath or difficulty breathing.
- ▶ Isolate through day 10 and talk with a healthcare provider before you end isolation if you were hospitalized or have a weakened immune system.

### NO

**HAVE YOU OR ARE YOU EXPERIENCING ANY SYMPTOMS?**



### YES

- ▶ You may have the flu or some other viral infection.
- ▶ Contact your primary care provider or MU's Health Services office.
- ▶ Stay home until you feel better!

### NO

**WERE YOU IN CLOSE CONTACT TO A POSITIVE CASE OF COVID-19?**



### NO

You can go about normal activities, but continue to practice safety measures.

### YES

- ▶ Monitor for symptoms of COVID-19. If you develop symptoms, you should isolate immediately and get tested. If you do not develop symptoms, you should test five days after your last contact with the individual who tested positive.
- ▶ **If you have tested positive within the past 90 days (with an antigen test):** You do not need to quarantine in room/home. You should test if you develop symptoms. If negative, keep with normal routine (but continue to wear a KN95 or N95 mask, monitor for symptoms for an additional five days, and don't travel). If positive, you should isolate immediately and follow the guidelines on this chart.