COVID-19 ISOLATION
If you test positive for COVID-19, you should:

- Isolate for 5 days.
- End isolation starting on day 6, if you have no fever or if other symptoms improve.
- Wear a mask for 5 more days in all settings. If you cannot, you should continue to isolate for those 5 days.

COVID-19 QUARANTINE
If you were exposed to someone with COVID-19 and you are NOT vaccinated or up to date* with vaccinations, you should:

- Quarantine for 5 days.
- Watch for symptoms for a full 10 days after exposure.
- Wear a mask around others for another 5 days.**
- Get tested on day 5 if possible.

You DO NOT NEED TO QUARANTINE if you are up to date* on vaccinations and boosters or have tested positive for and recovered from COVID-19 within the last 90 days, but you should:

- Wear a mask for 10 days when around others in all settings.**
- Get tested after day 5 if possible (except if you’ve had COVID-19 in the last 90 days).

*Up to date means you are fully vaccinated and have received a third dose and/or booster when eligible (more than 5 months after Pfizer/Moderna or 2 months after J&J).

*If you are unable to wear a mask, you should quarantine for 10 full days, regardless of vaccination status.

Find more info at de.gov/quarantine