If you had COVID-19 symptoms and will be tested to determine if you are still contagious, you can leave your "sick room" and home after these 3 things have happened:

- You no longer have a fever (without fever-reducing medicine), AND
- Other respiratory symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)**.

If you tested positive for COVID-19 and never had any symptoms and will be tested to determine if you are still contagious, you can leave your "sick room" and home after receiving:

- Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)**.

**All test results should be final before isolation is ended. There have been reports of prolonged detection of RNA without direct correlation to viral culture, however; detecting viral RNA via PCR does not necessarily mean that infectious virus is present.
WHEN IT IS SAFE TO BE AROUND OTHERS:
ENDING QUARANTINE AND RETURN TO WORK FOR EXPOSED PERSONS

A potential exposure means being a household contact or having close contact within 6 feet of a person with confirmed or suspected COVID-19 for at least 10 minutes, or shorter in a healthcare setting, while the person was sick and 48 hours before the person became sick.

**HOUSEHOLD CONTACTS**

Self-quarantine (stay home) and monitor for symptoms while the person is home sick and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house).

*Note: This means that the household contacts may need to remain at home longer than the initial person with COVID-19*

Examples:
- A person is well 3 days after onset, 72 hours fever-free on day 6, and can be released from isolation on day 10. The household contact must remain quarantined until day 24.
- A person is well 9 days after onset, 72 hours fever-free on day 12, and can be released from isolation. The household contact must remain quarantined until day 26.

**NON-HOUSEHOLD CONTACTS**

Self-quarantine (stay home) and monitor for symptoms until 14 days after the date of last contact with the person with COVID-19.

**HEALTHCARE PERSONNEL**

Healthcare facilities should consider foregoing contact tracing for exposures in healthcare settings in favor of universal source control for healthcare personnel and screening for fever and symptoms of COVID-19 before every shift. Additional infection prevention and control recommendations, including more details about universal source control in healthcare settings are available.

**CRITICAL INFRASTRUCTURE WORKERS**

Personnel filling essential critical infrastructure roles (as defined in CISA Framework) may continue to work following potential COVID-19 exposure if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for critical infrastructure workers (non-healthcare) potentially exposed to COVID-19.