PUBLIC HEALTH
SAUK COUNTY

Together we thrive

WHEN TO ISOLATE

REGARDLESS OF VACCINATION STATUS, YOU SHOULD ISOLATE FROM OTHERS WHEN YOU HAVE COVID-19. YOU SHOULD ALSO ISOLATE IF YOU ARE SICK AND SUSPECT THAT YOU HAVE COVID-19 BUT DO NOT YET HAVE TEST RESULTS.

IF YOU TEST
Positive
Follow the full isolation recommendations below

IF YOU TEST
Negative
You can end your isolation

If you had no symptoms

- **Day 0** is the day you were tested (not the day you received your positive test result)
- **Day 1** is the first full day following the day you were tested
- If you **develop symptoms within 10 days** of when you were tested, the clock **restarts at day 0** on the day of symptom onset

If you had symptoms

- **Day 0** of isolation is the day of symptom onset, regardless of when you tested positive
- **Day 1** is the first full day after the day your symptoms started

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ISOLATION

*If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.

*Wear a high-quality mask if you must be around others at home and in public for the full 10 days.

*Do not go places where you are unable to wear a mask.

*Do not travel.

*Stay home and separate from others as much as possible.

*Use a separate bathroom, if possible.

*Take steps to improve ventilation at home, if possible.

*Don't share personal household items, like cups, towels, and utensils

*Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

Ending Isolation

If you had symptoms

You may end isolation after day 5 if:

1. You are fever-free for 24 hours (without the use of fever-reducing medication)
2. Your symptoms are improving
3. If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

If you had no symptoms

You may end isolation after day 5.