

Visited on 07/27/2020



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

## Coronavirus Disease 2019 (COVID-19)

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# When You Can be Around Others After You Had or Likely Had COVID-19

Updated July 16, 2020

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If you have or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. **If you have an emergency warning sign (including trouble breathing),** get emergency medical care immediately.



When you can be around others (end home isolation) depends on different factors for different situations.

Find CDC's recommendations for your situation below.

## I think or know I had COVID-19, and I had symptoms

You can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved



Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you are tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

## I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test



Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

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If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID, and I had symptoms.”

### I have a weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

People with conditions that weaken their immune system might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.

If testing is not available in your area, your doctor should work with an infectious disease expert at your local health department to determine if you are likely to spread COVID-19 to others and need to stay home longer.

### For Anyone Who Has Been Around a Person with COVID-19

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness.



#### For healthcare professionals

[Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19](#)

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I Think or Know I had COVID-19, and I had Symptoms. When can I be Around Others?

#### I Think or Know I had COVID-19, and I had Symptoms. When can I be Around Others?

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I Had COVID-19, But No Symptoms. When Can I Be with Others?

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### I Had COVID-19, But No Symptoms. When Can I Be with Others?

If you have or think you might have COVID-19, it is important to stay home and away from others. When you can be around others depends on different factors for different situations.

#### More information

[What to Do If You Are Sick](#)

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[Caring for Someone at Home](#)

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[Quarantine and Isolation](#)

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[Symptom-Based Strategy to Discontinue Isolation for Persons with COVID-19](#)

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Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases