



# How long to stay home when you are sick with **COVID-19**

**STAY HOME AND AWAY FROM OTHERS UNTIL:**

**1**

At least **5 days\*** have passed since symptoms first appeared.

*\*Additional 5 days of wearing a mask*

**AND**

**2**

**Fever free** for at least **24 hours**, without the use of a fever-reducing medication.

**AND**

**3**

**Other symptoms**, such as cough and shortness of breath, **have improved.**

**Everyone should prevent the spread of COVID-19 by:**

- Washing hands frequently with soap and water for at least 20 seconds, or using a hand sanitizer with at least 60% alcohol
- Covering your cough with a tissue or your elbow
- Wearing a mask, if it can be safely managed
- Cleaning and disinfecting frequently touched objects and surfaces

