

# How to discontinue home isolation

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

***If you will not have a test*** to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
- at least 7 days have passed since your symptoms first appeared

***If you will be tested*** to determine if you are still contagious, you can leave home after these two things have happened:

- You no longer have a fever (without the use medicine that reduces fevers)  
AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)

**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More info is available [here](#)

