What To Do if You Test Positive for COVID-19 or Are a Close Contact

The flowchart below shows general isolation and quarantine guidance. Check with your school or employer as they may have different guidance.

I tested positive for COVID-19.

Isolate for five full days, regardless of your vaccination status.\(^1\)

After Day 5, are you symptom free or have your symptoms improved?

- Yes: You can end isolation if you have not had a fever for 24 hours without medicine and are able to wear a well-fitting face mask.\(^2\)
- No: Keep isolating until your symptoms improve and you have not had a fever for 24 hours without medicine.

I am a close contact of someone who has COVID-19.\(^3\)

Are you fully vaccinated and boosted against COVID-19, or did you have confirmed COVID-19 in the past 90 days?\(^4\)

- Yes: You do not need to quarantine.\(^5\)
- No: Are you fully vaccinated against COVID-19?

  - Yes: Has it been less than five months since your Pfizer or Moderna vaccine, or less than two months since your Johnson & Johnson vaccine?
    - Yes: You do not need to quarantine.
    - No: You must quarantine for five days.\(^7\)
  - No: Keep isolating until your symptoms improve and you have not had a fever for 24 hours without medicine. People who are not vaccinated must quarantine for five days.\(^6\)

Through Day 10, wear a well-fitting face mask around others, do not go to public places where you cannot wear a mask at all times, do not eat around others and do not spend time with people who are at high risk for severe COVID-19.

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1 Day 1 is the day after your symptoms began or positive test date.
2 If you take another COVID-19 test on Day 5 and test negative, you can end isolation and should wear a well-fitting face mask around others for five days. If you test positive, keep isolating for another five days.
3 A close contact is anyone who has been within 6 feet for at least 15 minutes over a 24-hour period of someone who has COVID-19 (even if wearing face masks). A person can have COVID-19 two days before their symptoms begin (or if no symptoms, two days before they test positive).
4 Fully vaccinated means it has been at least two weeks since your Johnson & Johnson vaccine, or the second dose of your Pfizer or Moderna vaccine.
5 Children ages 5 to 11 who completed their initial COVID-19 vaccine series at least two weeks ago also do not need to quarantine since they are not eligible for a booster shot.
6 Day 1 is the day after your last close contact with someone who has COVID-19.
7 Booster shots are available for people who are fully vaccinated. For more information, visit nyc.gov/covidvaccine.

For more information, visit on.nyc.gov/quarantine-isolation.

The NYC Health Department may change recommendations as the situation evolves. 2.4.22