COVID-19 Timeline

As soon as you know about a potential exposure, **QUARANTINE** yourself. People in quarantine should stay home as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.

As soon as you receive a positive test result make sure you are in **ISOLATION**. People in isolation need to stay home and separate themselves from others in the home as much as possible.
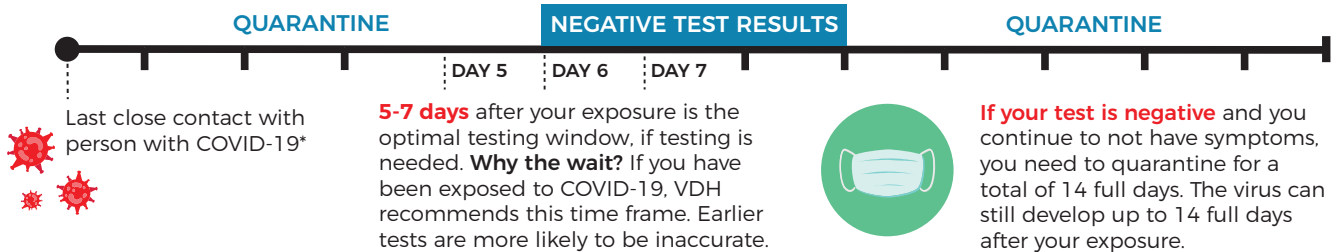
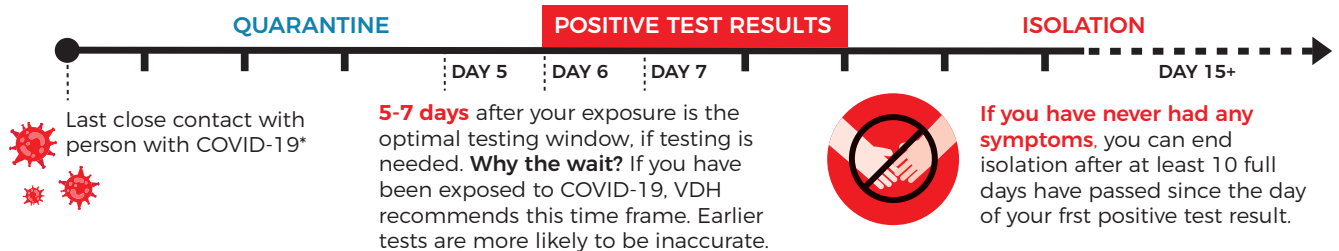**Call your primary care physician to review your exposure and potential testing needs.**

WALK IN CARE
IMMEDIATE CARE

PLEASE NOTE: These timelines are examples.

CLOSE CONTACT/ NO SYMPTOMS (Resulting in NEGATIVE COVID-19 test)

QUARANTINE — NEGATIVE TEST RESULTS — QUARANTINE

DAY 5 | DAY 6 | DAY 7

Last close contact with person with COVID-19*

5-7 days after your exposure is the optimal testing window, if testing is needed. **Why the wait?** If you have been exposed to COVID-19, VDH recommends this time frame. Earlier tests are more likely to be inaccurate.

If your test is negative and you continue to not have symptoms, you need to quarantine for a total of 14 full days. The virus can still develop up to 14 full days after your exposure.

CLOSE CONTACT/ NO SYMPTOMS (Resulting in POSITIVE COVID-19 test)

QUARANTINE — POSITIVE TEST RESULTS — ISOLATION

DAY 5 | DAY 6 | DAY 7 | DAY 15+

Last close contact with person with COVID-19*

5-7 days after your exposure is the optimal testing window, if testing is needed. **Why the wait?** If you have been exposed to COVID-19, VDH recommends this time frame. Earlier tests are more likely to be inaccurate.

If you have never had any symptoms, you can end isolation after at least 10 full days have passed since the day of your frst positive test result.

SYMPTOMATIC (Resulting in POSITIVE COVID-19 test or developed symptoms while on other timelines)

QUARANTINE — POSITIVE TEST RESULTS — ISOLATION — DAY 10+

DAY 2 | DAY 3

The day symptoms began.

You can end isolation after THREE things occur: 1) at least 10 full days have passed since symptoms first appeared, **2)** at least 24 hours without a fever-reducing medication, and **3)** other symptoms have improved. Occasionally, isolation needs to be extended based on a medical situation.

*FOR THE FULL DEFINITION OF CLOSE CONTACT, VISIT VDH.VIRGINIA.GOV/CORONAVIRUS/LOCAL-EXPOSURE/