NATIONAL KIDNEY FOUNDATION®

CDC Recommendations

What You Need To Know **If You Have COVID-19**

Day 0

First day of:
- COVID-19 symptoms
- Positive COVID-19 test (with or without symptoms)

Days 1–5
- Isolate (stay home and away from others)
- Wear a well-fitting mask around others at home
- Avoid people in your home who are at high risk for severe illness

Days 6 and more

No fever for more than 24 hours and other symptoms improving

- End isolation (must be on day 6 or later)
- Wear a mask around others in public and at home until day 10
- Avoid people who are at high risk for severe illness

Fever persists or other symptoms not improved

- Continue to isolate until fever-free for 24 hours and other symptoms improve

No access to COVID-19 tests or choose not to test to discontinue masking before the end of day 10

Wear a mask around others in public and at home around family members from the end of isolation until the end of day 10

Have access to COVID-19 tests and choose to use testing to determine when to discontinue masking

- Take two COVID-19 tests
- First test: after 5 days of isolation and fever-free for 24 hours and other symptoms have improved
- Second test: 48 hours after first test

Both COVID-19 test results are negative

May discontinue masking after the second negative test result

One or both COVID-19 test results are positive

- Continue masking around others in public and at home with family members
- Wait at least 48 hours before taking another test
- Continue testing every 48 hrs
- Wear a mask around others at home and in public until 2 consecutive Covid-19 test results are negative