

COVID-19 Isolation & Quarantine Guidance for General Public



OKLAHOMA
State Department
of Health

This guidance is subject to change as more information becomes available.

Refer to [CDC Recommendations](#)

[Learn more](#) about the reason for shortened time for quarantine and isolation

If you test positive for COVID-19, regardless of vaccination status - Isolate

If you have COVID-19 symptoms, stay home until:

- 5 days have passed since symptoms first appeared, **AND**
- Symptoms are improving, **AND**
- If fever is present, continue to stay home until 24 hours have passed since fever has resolved without the use of fever-reducing medications.

If you never have COVID-19 symptoms, stay home until:

- 5 days have passed since the date of your COVID-19 test was collected, **AND**
- No COVID-19 symptoms have developed since you were tested.

If symptoms develop, it is recommended you follow the criteria for someone with COVID-19 symptoms.

Once you have met the above criteria, you are considered released from isolation and can resume normal activities, but it is recommended you **wear a well-fitting mask for an additional 5 days when around other people.**

Wearing a mask is very important for this updated isolation guidance to prevent spread in the community. We recommend individuals who are unable to wear a mask to isolate for 10 days or avoid situations that make it a challenge to wear a mask (e.g., gym, restaurants, lunch with co-workers, etc.).

Travel Recommendations

Do not travel during your 5-day isolation period. After you end isolation, avoid travel for an additional 5 days. If you must travel during the 5 days after ending isolation, wear a well-fitting mask when you are around others for the entire duration of travel. If you are unable to wear a mask during the 5 days after ending isolation, you should not travel.

K – 12 School Settings

These recommendations do apply to school settings. The ability to wear a well-fitting mask for the 5 days after ending isolation is a very important part of these recommendations and preventing spread of COVID-19 in the setting. We recommend for individuals who are unable to wear a mask to isolate for 10 days or be exempt from the situations that prevent mask wearing (e.g., sports, choir, band, etc.). We recognize there are situations in which masks may not be worn: sports, choir, band, special needs classrooms, lunch time, and snack/break time. During these times it would be recommended to use other mitigation measures such as social distancing.

Severe COVID-19 and Weakened Immune Systems

These recommendations **do not** apply to people who are severely ill with COVID-19 or those with weakened immune systems. Isolation of at least 10 and up to 20 days is still recommended for these individuals. Consult with your healthcare provider about when it's safe to resume normal activities.

High-risk Congregate Settings

These recommendations also do not apply to certain high-risk congregate settings. See full recommendations for high-risk congregate settings [here](#).

Day Care Settings and Institutes of Higher Education

Recommendations for these settings are under development.

If you were exposed to someone with COVID-19 - Quarantine

If you have been in close contact with someone diagnosed with COVID-19 and are **not** having any symptoms, it is recommended to choose one of the following actions based on your vaccination or previous infection status.

If you:

Have been [boosted](#)

OR

Completed the [primary series](#) of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the [primary series](#) of J&J vaccine within the last 2 months

OR

Were lab positive for COVID-19 within the last 90 days

- Wear a well-fitting mask around others for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms, get tested and stay home.

If you:

Completed the [primary series](#) of Pfizer or Moderna vaccine more than 6 months ago and are not boosted

OR

Completed the [primary series](#) of J&J vaccine more than 2 months ago and are not boosted

OR

Are unvaccinated or have not completed a [primary vaccine series](#).

- It is recommended you stay home for 5 days from your last date of exposure. After that, wear a well-fitting mask around others for 5 additional days.
- If you can't quarantine, it is recommended you wear a well-fitting mask for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms, get tested and stay home.

Calculating your Isolation or Quarantine start and end date:

- Isolation: Day your symptoms started, if ever symptomatic (day zero)
- Isolation: Day you tested, if never symptomatic (day zero)
- Quarantine: Last day of exposure (day zero)

[OSDH Isolation & Quarantine Calculator](#)