Persons who test positive for COVID-19 are recommended to stay home.

People testing positive should stay home until:

- At least 5 days since symptoms first appeared AND,
- At least 24 hours with no fever without fever-reducing medication and other symptoms of COVID-19 are improving.
- If no symptoms were present, at least 5 days have passed following the date the positive specimen was collected.
- CDC does recommend wearing a mask for Days 6-10 after symptom onset if someone is no longer isolating.

The above guidance applies to both unvaccinated and vaccinated individuals.

People that are sick should stay home while they are having symptoms even if COVID testing is negative.

People that are exposed to COVID but are not having symptoms:
- Fully vaccinated people do not need to stay home after exposure, but they should monitor for symptoms for 10 days after the exposure.
- Unvaccinated people that are exposed to someone in their household are advised to stay home for 5 days after the exposure.
- Consider wearing a mask after exposure for 10 days after the exposure.
- In Iowa, exposed school age children are not excluded from school activities (including extra-curricular activities) as long as they remain asymptomatic. Other states may have different guidance.
- No quarantine is necessary for someone exposed within 90 days of previous COVID
Anyone that is ill should stay home while symptoms are present even if a COVID test is negative.