Updated COVID-19 Isolation and Quarantine Recommendations

Day 0 is your first day of symptoms to calculate your isolation period. Day 1 is the first full day after your symptoms develop. You can leave isolation after 5 full days or 10 full days if you meet any of the criteria below. Contact your healthcare provider or MonroeCOVID@flhealth.gov if you have questions.

Monroe County School District policies will be updated after FINAL emergency rule for schools is released from the State of FL

If You Tested Positive for COVID-19

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| **To end isolation** | **after 5 days:**  
- Should not meet any of the criteria in the box below “10 day isolation period for....”  
- Symptoms are improving and have been without fever for 24 hours without the use of fever reducing medications.  
- If you are immunocompromised or have moderate to severe illness please consult with your medical provider.  
- Healthcare personnel – follow up with employer for return to work criteria |
| **To end isolation** | **after 10 days:**  
- Work/attend congregate settings such as: jails, nursing homes (LTCFs/ALFs), and homeless shelters.  
- People with anticipated travel |

If You Were Exposed to Someone with COVID-19

For all Regardless of Vaccination Status or Ability to Wear Mask:

- If symptoms of COVID-19 develop, stay home.  
- If asymptomatic, you do not need to quarantine, however, continue to monitor for symptoms of COVID-19 for 10 days after exposure.  
- Exposure = within 6 feet for more than 15 minutes within 24 hours.  
- Follow the guidance above if you test positive or have symptoms of COVID-19

For questions, email: MonroeCOVID@flhealth.gov