Arizona COVID-19 ‘Release from Isolation & Quarantine’
Flow Chart for the General Public

Has the person tested POSITIVE for COVID-19?
- **YES**
  - SYMPTOMS
    - ISOLATE for at least 5 DAYS after symptoms begin
  - NO SYMPTOMS
    - ISOLATE for at least 5 DAYS after positive test

REMAIN AT HOME UNTIL:
- SYMPTOMS HAVE IMPROVED; AND
- NO FEVER for the last 24 hours, without the use of fever-reducing medication; AND
- WEAR A MASK around others for all 10 days from symptoms beginning/positive test

Has the person been EXPOSED to someone who tested POSITIVE for COVID-19?
- **YES**
  - UP-TO-DATE ON VACCINATION?
    - OR HAD COVID-19 IN THE LAST 90 DAYS?
    - NO QUARANTINE
      - WEAR A MASK around others for 10 days
      - GET TESTED on day 5
      - If you develop symptoms, get tested, stay home & follow isolation guidance.
  - NOT UP-TO-DATE ON VACCINATION?
    - QUARANTINE
      - STAY HOME for at least 5 days after last exposure
      - WEAR A MASK around others 10 days after last exposure
      - GET TESTED on day 5
      - If you cannot quarantine, you MUST wear a mask for all 10 days. If you develop symptoms, get tested, stay home & follow isolation guidance.

NOTE: General public does NOT apply to special populations such as severely ill, immunocompromised, those living in congregate settings or healthcare workers. Please refer to ADHS’ Release from Isolation & Quarantine Guidance for special populations.

Definitions
Exposed: A person is considered exposed if they are a close contact. For close contact details, refer to glossary in guidance linked above.
Isolation: Separates sick people with a contagious disease from people who are not sick. The day your symptoms begin (or test positive if not symptomatic) is considered ‘day 0’. Isolation begins on day 1.
Quarantine: Separates & restricts the movement of people exposed to a contagious disease. The last day you have contact with someone with COVID-19 (last exposure) is considered ‘day 0’. Quarantine begins on day 1.
Up-to-date: Individuals 18 or older with all recommended COVID-19 vaccines including boosters (some additional primary vaccines may be required for some immunocompromised individuals); OR Ages 5-17 with the COVID-19 primary series completed.
NOT up-to-date: Primary series not completed; Not vaccinated; OR 18 and older, but NOT boostered when eligible.