I've Recovered from COVID-19, Now What?

How will I know I'm no longer able to infect others with COVID-19?

Stay home until you have completed your isolation period, which means that:

- At least 10 days have passed since symptoms started or since the date of your test (if no symptoms); **AND**
- At least 24 hours have passed since you had a fever, without using fever-reducing medications; **AND**
- Other symptoms have improved

Day zero (0) is the day you began having symptoms or the date of your positive test. On Day 11, you can leave isolation.

Can I get reinfected with COVID-19?

Yes, although it's very unlikely during the first 90 days after your initial infection. If you develop symptoms of COVID-19 or are exposed to someone with COVID-19, contact your healthcare provider about what to do next. **It's still important to wear a mask and follow other prevention guidance, like social distancing and hand washing, after you've had COVID-19.**

Can I get the COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19, getting vaccinated is important even if you already had COVID-19 or tested positive for SARS-CoV-2. The immunity someone develops from having an infection - called "natural immunity" - varies from person to person, and the risk of reinfection with SARS-CoV-2 may go up over time.

While vaccine supply is limited, you could choose to wait up to 90 days after having COVID-19 to be vaccinated, but this is not required.

- If you currently have COVID-19 or recently tested positive for SARS-CoV-2, you should wait to be vaccinated until your symptoms have resolved (if you have symptoms) AND until you have finished your isolation period.
- If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait at least 90 days before getting the COVID-19 vaccine. Talk to your doctor if you are unsure about what treatments you received or if you have more questions about getting vaccinated.

Guidance from the CDC can be found here.

Can I give blood or "convalescent plasma"?

You can give blood once you have recovered from COVID-19 and your isolation period has ended. Contact your local blood donation center to see how long you need to wait between recovering and donating blood.

If you have fully recovered from COVID-19, you may be able to help patients currently fighting the infection by donating your plasma. Plasma is the part of the blood that contains antibodies, which are proteins made by the body in response to infections. Because you were infected, your "convalescent plasma" now contains COVID-19 antibodies. Giving your plasma to people currently fighting COVID-19 may help them recover. Contact your local blood donation center if you have had COVID-19 and are interested in donating plasma.

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