

How long am I contagious?

Virus	Time you are contagious BEFORE symptoms start	Time you are contagious AFTER symptoms start	Time it takes before you are NOT contagious
Influenza (Flu)	One to four days	3-14 days	One to two weeks
Norovirus (Stomach flu, more common in adults)	10 to 50 hours	24 to 60 hours	One to three weeks
Rhinovirus (Common cold)	One to four days	3-14 days	One to two weeks
Rotavirus (Stomach flu, more common in children)	24 to 72 hours	Two to four days	One to three weeks
SARS-CoV-2 (COVID-19)	<p>Day 1 or 2 after exposure</p> <p>If you are exposed, contact your physician. Remain in self-quarantine for 14 days and follow your physician's instructions closely.</p> <p>Some infected people never develop symptoms, which makes self-quarantine essential if you have been exposed.</p> <p>The CDC defines an exposure as close contact (within 6 feet) for a total of 15 minutes or more during a 24-hour period.</p>	<p>10 to 20 days, depending on the severity of your illness and/or if you are immunocompromised.</p>	<p>For a mild infection, you can discontinue isolation when you have been fever-free a minimum of 24 hours AND if it is at least 10 days since your first symptoms as recommended by CDC.</p> <p>For a severe infection (especially if you have been hospitalized) and/or if you are immunocompromised, discontinue isolation when you have been fever-free a minimum of 72 hours AND if it is at least at least 20 days since your first symptoms.</p>



Contact your physician if you have persistent or worsening symptoms or have other concerns. If you believe your symptoms are life threatening, go to the nearest emergency department or call 911.