

# UPDATED INSTRUCTIONS FOR COVID-19 ISOLATION & QUARANTINE

PER CA DEPARTMENT OF PUBLIC HEALTH GUIDANCE - MARCH 3, 2023

These are recommendations for the general public and doesn't necessarily exemplify workplace or CalOSHA recommendations.

## WHAT IS ISOLATION & QUARANTINE?

Isolation separates those infected with a contagious disease from people who are not infected.

Quarantine restricts the movement of susceptible persons who were exposed to a contagious disease in case they become infected.

## WHO SHOULD ISOLATE OR QUARANTINE?

All persons who test positive for COVID-19 or have COVID-19 symptoms, regardless of vaccination status, previous infection, or lack of symptoms. Quarantine is not recommended for asymptomatic person who are exposed to someone with COVID-19. This applies to everyone, regardless of vaccination status.

Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.

## WHAT IS RECOMMENDED DURING ISOLATION?

Stay home for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms. Isolation can end after Day 5 if:

- Symptoms are not present, or are mild and improving; AND
- You are fever-free for 24 hours (without the use of fever-reducing medication).

Testing is no longer recommended to exit isolation. If fever is present, isolation should be continued until 24 hours after fever resolves. If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10. After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at Day 0.



## WHAT IS RECOMMENDED AFTER AN EXPOSURE TO COVID?

- Close Contacts do not need to quarantine, unless symptoms develop, test, and stay home (see earlier section on symptomatic persons), AND If test result is positive, follow isolation recommendations above
- Test within 3-5 days after last exposure.
- Strongly encouraged to get vaccinated or boosted.



## WHEN IS IT RECOMMENDED TO MASK?

Per CDPH Masking Guidance:

- Infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. After ending isolation (no fever without the use of fever-reducing medications and symptoms are improving), confirmed cases may remove their mask sooner than Day 10 if they have two sequential negative tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.
- Close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease



**Call 911 if you start to have emergency warning signs**



difficulty breathing



pressure or pain in chest



bluish or grayish lips



confusion or difficulty waking



other serious symptoms

**If you call 911, tell the dispatch personnel that you have COVID-19.**

