



## COVID-19 Isolation and Quarantine Guidelines

Update Effective March 13, 2023

This fact sheet provides information on when and for how long employees/students must be excluded from school or workplace setting if they test positive or are exposed to someone who has COVID-19.

Vaccination status	Isolation or quarantine	Period of time to be excluded from work/school
<b>All persons that test positive for COVID- 19, regardless of vaccination status</b>	Isolation	<ul style="list-style-type: none"> <li>Stay home from school/work for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms).</li> <li>Isolation can end after Day 5 if:               <ul style="list-style-type: none"> <li>Symptoms are not present, or are mild and improving; AND</li> <li>You are fever-free for 24 hours (without the use of fever-reducing medication).</li> </ul> </li> <li>If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.</li> <li>infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.</li> </ul>
All persons <b>who have symptoms</b> regardless of vaccination status	Isolation	<ul style="list-style-type: none"> <li>Self-isolate and test as soon as possible to determine infection status.</li> <li>Isolation may end IF: A diagnostic specimen collected as early as the onset of their symptoms or later tests negative.</li> <li>CDPH recommends continuing exclusion and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.</li> <li>If fever is present, isolation shall continue until fever resolves without the use of fever-reducing medications.</li> <li>If symptoms other than fever are not resolving, isolation shall continue (i) until symptoms are resolving or (ii) for 10 days regardless of whether symptoms are resolving or not.</li> <li>Should wear a face covering around others at work for atotal of 10 days after start of symptoms, especially in indoor settings.</li> </ul>
<b>Persons exposed to someone with COVID-19 who do not have any symptoms regardless of vaccination status</b>	No Quarantine	<ul style="list-style-type: none"> <li>Does not need to be excluded from work or school if they have no symptoms, but should get tested 3-5 days after close contact.</li> <li>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</li> <li>If the person develops symptoms, they must be excluded pending a test result.</li> </ul>