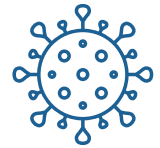


# Guidelines for COVID-19 Cases and Close Contacts

## I Tested Positive for COVID-19 – What Do I Do? (Isolation Guidelines)



If you have COVID-19, **you must stay home until you are better and will not make others sick.** Watch your symptoms closely, especially if you are at [high risk of serious illness](#). In addition:

- Stay home, and stay away from others
- Sleep in a separate room
- Use a separate bathroom if you can
- Wear a mask, even at home
- Clean shared surfaces often
- If you are unable to isolate safely at home, call 211 for information on housing, food, or other support services.

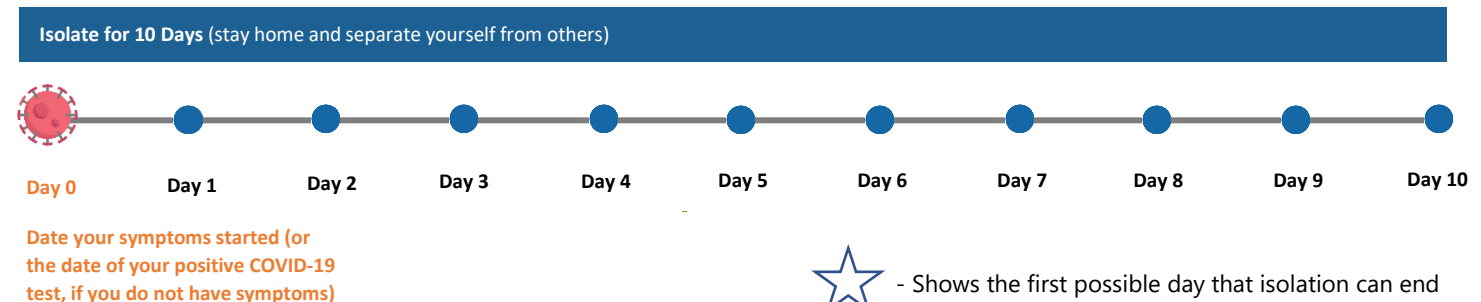
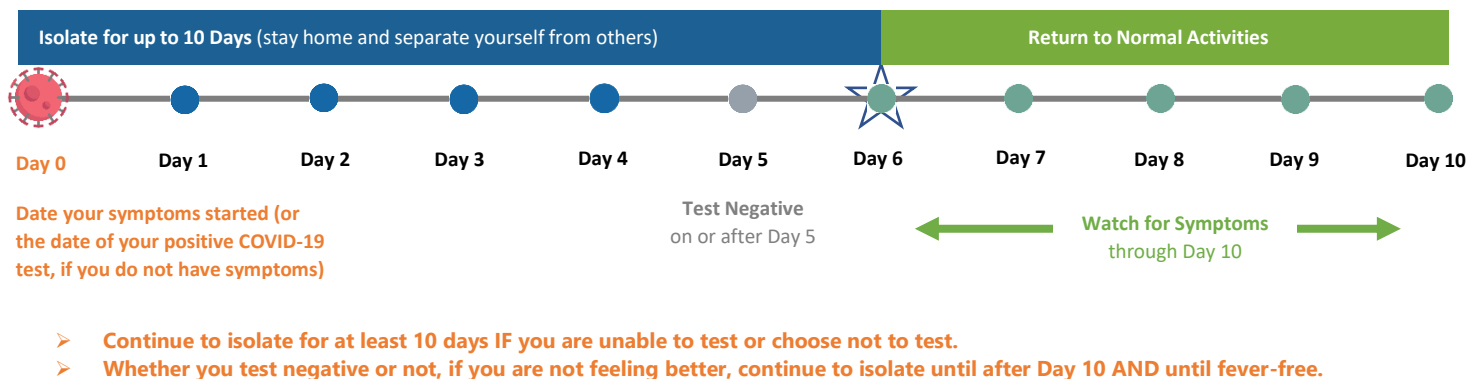
### Follow Guidance for Ending Isolation:

- If you test negative<sup>1</sup> on/after 5 days from the date your symptoms started (or 5 days from the date of your positive COVID-19 test, if you don't have symptoms), you can return to normal activities after:
  - At least 5 full days isolating, AND,
  - You are fever-free for at least 24 hours, AND,
  - Other symptoms are getting better.
- Continue to isolate for at least 10 days IF you are unable to test or choose not to test OR your symptoms are not getting better.
- If you have a weaker immune system or have another illness, your doctor may tell you to isolate for longer.

<sup>1</sup>When testing to end isolation, it is recommended to use an antigen test (often called a rapid test) instead of a PCR test.

### Tell Your Close Contacts:

Tell the people you were in close contact with that they may have been exposed to COVID-19. Being aware of a COVID-19 exposure will allow your close contacts to get tested, watch for symptoms, and better protect their family and loved ones. See page 2 for the definition of **close contact**.



## I am a Confirmed Close Contact to Someone with COVID-19 – What Do I Do? (Guidelines for Close Contacts)

The California Department of Public Health (CDPH) defines a **close contact**<sup>2</sup> as someone who shared indoor airspace with a person who has COVID-19 for a total of 15 minutes or more during the time that COVID-19 infection can be passed to others. This is from 2 days before the person with COVID-19 had symptoms (or 2 days before they tested positive, if they never had symptoms) until isolation ends.

<sup>2</sup>For spaces larger than 400,000 cubic feet, see [CDPH's close contact definition for large indoor spaces](#).



If you were a close contact to someone with COVID-19:

- **Test within 3-5 days after last exposure**<sup>3</sup>.
- If symptoms develop, test and stay home, AND
- If test result is positive, follow isolation recommendations.
- It is also strongly recommended to wearing a well-fitting mask around others for a total of 10 days.
- Get vaccinated or boosted if not already (if you don't have symptoms, wear a mask, and follow testing guidance).

<sup>3</sup>If you test negative with an antigen test, [repeat testing](#) may be recommended 48 hours later to avoid potential false negative results.

## I Have Symptoms of COVID-19 – What Do I Do?

If you have symptoms of COVID-19, **you should get tested right away**. While you are waiting for your COVID-19 test results, **you must stay home** until you are better and will not make others sick. Watch your symptoms closely and get medical care if you feel worse, especially if you are at higher risk of serious illness. In addition:



- Stay home, and stay away from others
- Sleep in a separate room
- Use a separate bathroom if you can
- Wear a mask, even at home
- Clean shared surfaces often

If you test positive for COVID-19, follow the isolation steps on page 1. If you test negative for COVID-19, you can return to normal activities once you have been fever-free for 24 hours and other symptoms are improving. Consider continuing isolation and retesting in 1-2 days if you test negative with an antigen test, especially if your first test was during the first 1-2 days after symptoms began. If new symptoms develop, isolate and get tested again.

## Do I Need to be Tested for COVID-19?

**You may need to be tested for COVID-19 if:**

- (1) You have symptoms of COVID-19;
- (2) You are a close contact to someone who has COVID-19; OR
- (3) You are in a job or situation where you are recommended or asked to test.

**What to do while you're waiting for test results:**

- (1) If you have any COVID-19 symptoms, follow the symptoms steps above.
- (2) If you do not have COVID-19 symptoms, regardless of whether or not you are a close contact, you do not need to follow isolation steps while waiting for your test results.



To find a COVID-19 testing site near you, visit [SCCFreeTest.org](#).  
For information on financial assistance, housing, food, or other support services, call 211.

The above guidelines are for the **general public**. Certain settings, such as schools, healthcare settings, shelters, and jails, have different guidelines. In the workplace, employers are subject to [Cal/OSHA](#) requirements.  
For more information, visit [SCCStayHome.org](#).