You may need to be tested for COVID-19 because:
(1) you have symptoms of COVID-19 illness,
(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 Isolation Steps on the next page.
(2) If you do not have COVID-19 symptoms but are a Close Contact and are:
   (a) unvaccinated, find the quarantine plan that matches your situation in the table below, and follow the Quarantine Steps on the next page.
   (b) fully vaccinated, you do not need to follow Isolation or Quarantine Steps while waiting for your test results.
(3) If you do not have COVID-19 symptoms AND are not a Close Contact, you do not need to follow Isolation or Quarantine Steps while waiting for your test results.

What to do after you get your test results:
(1) If you test COVID-19 positive, follow the Isolation Steps on the next page.
(2) If you test negative or do not test but need to quarantine as above, find the quarantine plan that matches your situation in the table below and follow the Quarantine Steps on the next page.

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**COVID-19 Quarantine Instructions**

<table>
<thead>
<tr>
<th>COVID-like Symptoms?</th>
<th>Close Contact?</th>
<th>Vaccinated2,3?</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>NO</td>
<td>YES or NO</td>
<td>• If test is negative: Stay home until symptoms start getting better AND you have been fever-free for 24 hours or more.</td>
</tr>
<tr>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>• With testing: You may be able to end your quarantine early if you get tested on or after Day 5 from the date of last exposure, AND the test is negative. Stay home through Day 7 from the date of last exposure AND until your symptoms start getting better AND you have been fever-free for at least 24 hours – even if the total time is more than 7 days.</td>
</tr>
<tr>
<td>NO</td>
<td>YES</td>
<td>NO</td>
<td>• With testing: Stay home through Day 7 if a test collected on or after Day 5 from the date of last exposure is negative.</td>
</tr>
<tr>
<td>YES</td>
<td>YES</td>
<td>NO</td>
<td>• No testing: Stay home through Day 10 from the date of last exposure AND until your symptoms start getting better AND you have been fever-free for at least 24 hours – even if the total time is more than 10 days.</td>
</tr>
<tr>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>• With testing: You may be able to end your quarantine early if you are re-tested on or after Day 5 from the date of last exposure. You can end quarantine right away if the test is negative AND you have been fever-free for 24 hours or more AND other symptoms start getting better.</td>
</tr>
<tr>
<td>NO</td>
<td>YES</td>
<td>YES</td>
<td>• No testing: Stay home through Day 10 from the date of last exposure AND until your symptoms start getting better AND you have been fever-free for at least 24 hours – even if the total time is more than 10 days.</td>
</tr>
<tr>
<td>NO</td>
<td>YES</td>
<td>YES</td>
<td>• Get tested immediately and again on or after Day 5 from the date of last exposure. In general, you do not need to stay home if you are fully vaccinated AND you do not develop COVID-19 symptoms AND are not a patient or resident in a healthcare setting.</td>
</tr>
</tbody>
</table>

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1 Workers with special quarantine situations: If you are a first responder or healthcare worker, talk to your employer. If there are serious staff shortages, employers may follow the recommendations here.
2 Fully vaccinated healthcare workers who have been exposed to a COVID-19 case do not need to quarantine outside of work if they meet the above conditions. They should still be tested for COVID-19 right away and on or after Day 5 after their last exposure to a case. For more information, see section on Managing Exposures Among Healthcare Workers.
3 Patients and residents in healthcare settings should follow CDPH quarantine guidance for healthcare settings if exposed to someone who has or may have COVID-19.

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Modified Quarantine for TK-12 Students: If the exposure was in a TK-12 school setting, and everyone was wearing a mask, students may be able to remain at school in modified quarantine. Follow the school’s instructions on testing and other requirements.
Isolate or quarantine for 10 Days (stay home and separate yourself from others)

Day 0 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Isolation:

Day your symptoms started or day positive COVID-19 test was collected (use earlier day)

Quarantine:

Day of last exposure to person with COVID-19

Plan a 7-day quarantine (for people who feel well and test negative on or after Day 5)

Day 0 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Quarantine for 7 Days (stay home and separate yourself from others)

Day of last exposure to person with COVID-19

Test Negative on 1 of these days

Watch for Symptoms

Santa Clara County PUBLIC HEALTH

Page 2 | Rev. 10/22/21