COVID-19: Home Isolation & Quarantine Guidelines

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**.**

> **Close Contact**: A close contact is someone who was within 6 feet of a person who has COVID-19 for at least 15 minutes during the time the COVID-19 infection can be passed to others. This is from 48 hours before the person with COVID-19 had symptoms or first tested positive until 10 days after. Learn more here.

COVID-19 Quarantine Instructions[1]			
COVID-like Symptoms?	**Close Contact?**	**Vaccinated[2,3]?**	**What to Do**
YES	**NO**	**YES or NO**	• **If test is underline negative**: Stay home until symptoms start getting better AND you have been fever-free for 24 hours or more.
YES	**YES**	**NO**	• **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. • **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.
NO	**YES**	**NO**	• **With testing**: Stay home through Day 7 if a test collected on or after Day 5 from the date of last exposure is negative. • **No testing:** Stay home through Day 10 from the date of last exposure. • **Had COVID already:** If you had COVID-19 in the last 90 days and do not have any new symptoms since this current exposure, you do not need to separate yourself from others.
YES	**YES**	**YES**	• **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. • **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.
NO	**YES**	**YES**	• 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.
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.			

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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.

Isolation Steps

1 **Isolate** – If you have COVID-19 or you have [symptoms] and are waiting for 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 a [higher risk of serious illness].

2 Follow **County guidance** for isolation:
A. **If you have symptoms**, you can be with others after:
- **At least 10 days** since your symptoms first appeared, AND,
- **At least 24 hours** with no fever (without using fever-reducing medicine), AND,
- Other symptoms improve, whichever is longer.
B. **If you have no symptoms**, you can be with others after 10 days have passed since your first positive test was collected.
C. If you have a weaker immune system or have another illness, your doctor may tell you to isolate for longer.

3 Tell **Close Contacts** – People who were in close contact with you should **follow the Quarantine Steps**. Please share this handout with them. To get help to tell your Close Contacts, call 408-970-2870.
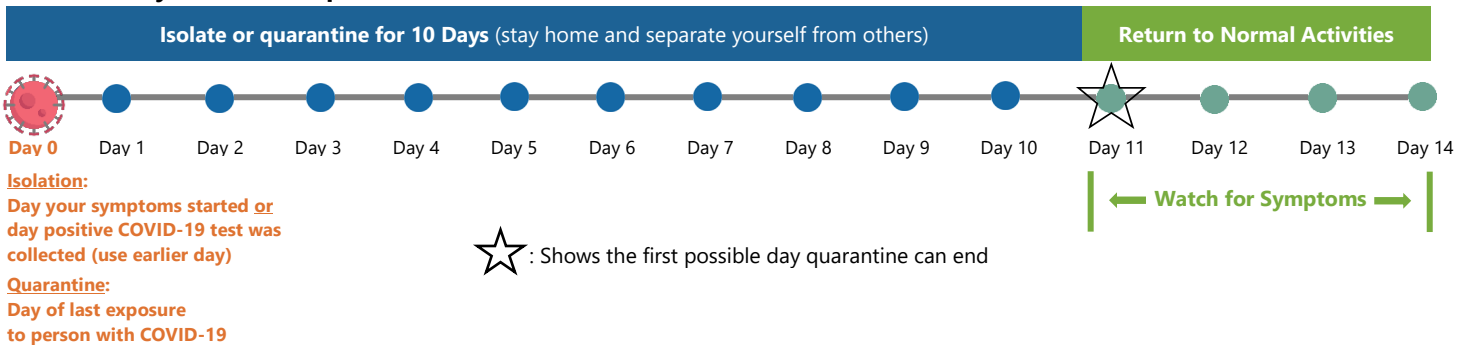
Quarantine Steps

1 **Quarantine** – Stay home and separate yourself from others **right away.**
A. Ask your employer[2] if you need to follow other steps. Employers can contact the Public Health Department for help.
B. Follow the quarantine instructions that match your situation (*see all quarantine instructions on page 1*). In general, you do not need to quarantine if you are [fully vaccinated].

2 **Get tested**:
A. Do you have ongoing *close contact* with someone who has COVID-19 (such as someone who lives in your home)?
- **If NO**, you should test right away AND on or after Day 5 from your last exposure to the case, even if you are vaccinated.
- **If YES**, add 10 more days of quarantine after the person with COVID-19 finishes isolation. Get tested 3 times:
  1) right away AND
  2) 1 day after the case finishes isolation AND
  3) 5 days after the case finishes isolation.
  If all 3 tests are negative, your quarantine can end 7 days after the person with COVID-19 finishes isolation.
B. If any test result is **positive**, follow the **Isolation Steps**.
C. If you start to have COVID-19 symptoms during your quarantine, get tested again right away.

3 **Watch** for COVID-19 symptoms for 14 days. If you start to feel sick, **follow the Isolation Steps** and get tested right away.

Plan a 10-day isolation or quarantine

Isolate or quarantine for 10 Days (stay home and separate yourself from others)											**Return to Normal Activities**			
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

Day 0
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

☆ : Shows the first possible day quarantine can end

← **Watch for Symptoms** →

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

Quarantine for 7 Days (stay home and separate yourself from others)								**Return to Normal Activities**						
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

Day 0
Day of last exposure to person with COVID-19

Test Negative on **1** of these days

← **Watch for Symptoms** →