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.

<table>
<thead>
<tr>
<th>COVID-like Symptoms?</th>
<th>Close Contact?</th>
<th>Vaccinated?</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>YES</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></td>
<td></td>
<td>YES</td>
<td>• No testing: Stay home through Day 10 from the date of last exposure.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>YES</td>
<td>• 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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>YES</td>
<td>• With testing: You can return to normal activities 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></td>
<td></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>

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:
   - **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.
   - **If you have no symptoms**, you can be with others after 10 days have passed since your first positive test was collected.
   - 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.
   - **Ask your employer** if you need to follow other steps. Employers can contact the Public Health Department for help.
   - **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**:
   - **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.
   - **If any test result is positive**, follow the Isolation Steps.

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**

<table>
<thead>
<tr>
<th>Isolate or quarantine for 10 Days (stay home and separate yourself from others)</th>
<th>Return to Normal Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 0</td>
<td>Day 1</td>
</tr>
</tbody>
</table>

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

监督管理
- Shows the first possible day quarantine can end

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

<table>
<thead>
<tr>
<th>Quarantine for 7 Days (stay home and separate yourself from others)</th>
<th>Return to Normal Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 0</td>
<td>Day 1</td>
</tr>
</tbody>
</table>

Day of last exposure to person with COVID-19

Test Negative on 1 of these days

监督管理
- Watch for Symptoms