

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.

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](#).

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.

COVID-19 Quarantine Instructions ¹			
COVID-like Symptoms?	Close Contact?	Vaccinated ^{2,3?}	What to Do
YES	NO	YES or NO	<ul style="list-style-type: none"> If test is negative: Stay home until symptoms start getting better AND you have been fever-free for 24 hours or more.
YES	YES	NO	<ul style="list-style-type: none"> 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 <i>negative</i>. 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	<ul style="list-style-type: none"> 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 <u>new</u> symptoms since this current exposure, you do not need to separate yourself from others.
YES	YES	YES	<ul style="list-style-type: none"> 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. 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	<ul style="list-style-type: none"> 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.			

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

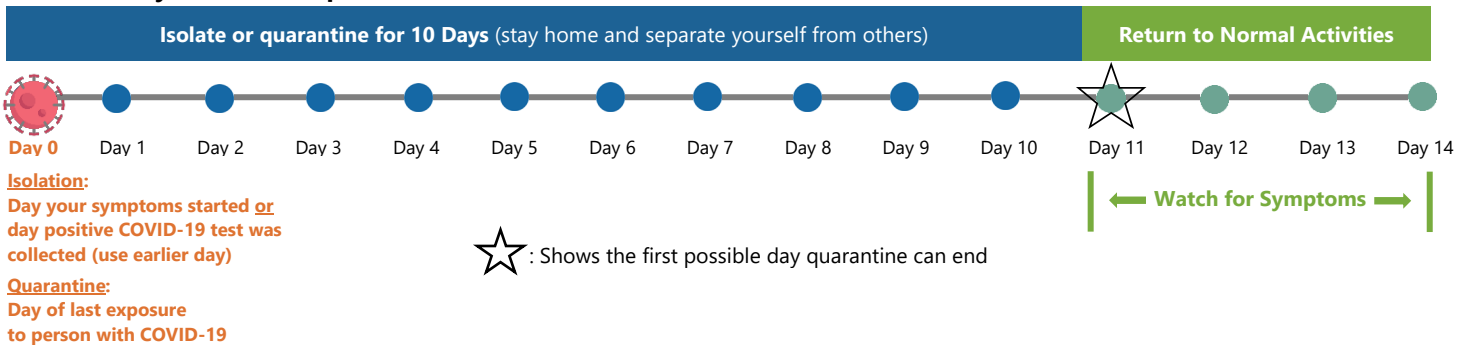
- 1 Quarantine** – Stay home and separate yourself from others **right away.**



- Ask your employer² 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**.
 - 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



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

