

# ISOLATION AND PRECAUTIONS FOR PEOPLE WITH COVID-19

If you have COVID-19, you can spread the virus. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick.

## ISOLATION RECOMMENDATIONS:

### FOR PEOPLE WHO TEST POSITIVE

- **Stay home if you have COVID-19 symptoms**, until you have not had a fever for 24 hours without using fever reducing medication AND other [COVID-19 symptoms](#) are mild and improving.
  - Consider isolating for additional days in order to reduce risk of exposures, in line with the potential infectious period.
  - If you do not have symptoms, you should follow the recommendations below to reduce exposure to others.
- **Mask** when you are around other people indoors for the 10 days\* after you become sick or test positive (if no symptoms).
  - You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.
- **Avoid contact** with people at [higher-risk](#) for severe COVID-19 for 10 days\*.
  - Higher-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness.
- **Seek Treatment**. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive.
  - You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start.

*\*The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).*

### FOR CLOSE CONTACTS OF CASES

- **If you have new COVID-19 symptoms**, you should [test](#) and mask right away.
- **If you do not have symptoms** and are at higher risk of severe COVID-19 infection and would benefit from treatment, you should test within 5 days.
- **If you do not have symptoms** and have contact with people who are at higher risk for severe infection, you should mask indoors when around such people for 10 days. Consider testing within 5 days after the last exposure date (Day 0) and before contact with higher-risk people. For further details, see [CDPH COVID-19 testing guidance](#).

## OTHER CONSIDERATIONS

### TESTING

- For more information on testing, see the [Updated COVID-19 Testing Guidance](#).

### MASKING

- All persons wearing masks should optimize mask fit and filtration, ideally through use of a respirator (N95, KN95, KF94). If a respirator is not available, a surgical mask may be used. See [When and Why to Wear a Mask](#) for more information.

### SCHOOLS & CHILD CARE PROGRAMS

- For guidance on the management of infected and exposed people in K–12 school and child care settings, see the [Guidance for K-12 Schools and Child Care Settings to Mitigate the Spread of Communicable Disease, 2023 -2024 School Year](#).

## RESOURCES

For more information, please contact the COVID-19 information line at (951) 358-5000 or click on the links below:

[Resources](#)

[COVID-19 Testing](#)

[COVID-19 Vaccine](#)

[COVID-19 Treatment](#)

[At-Home Test Reporting](#)

[RUHS COVID-19 Resources](#)