

Protocol for Isolation and Quarantine for First Responders

(Law enforcement; Fire; Paramedics; Social Services
Workers: Child Welfare and Assisted Living)

Persons Who Test Positive for COVID-19 (Isolation), regardless of vaccination status, previous infection, or lack of symptoms.

Required Action:

Notify the employee's supervisor. Exposure assessment should consider the specific environment of the employee, including any existing engineering controls. The exposure assessment will be conducted by the Public Health – Special Case Investigations Team (SCIT) in consultation with the DICO at the first responder agency.

- Contact SCIT Team to discuss referral for testing.
- Stay home for at least 5 days.
- Isolation can end after day 5 if symptoms are not present or are resolving **and** a diagnostic specimen¹ collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until at least 24 hours have passed since fever resolution.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings².

¹ Antigen test preferred

² Masking: During the days following isolation or exposure when masks are worn, all persons should optimize mask fit and filtration ideally through use of surgical masks or respirators (e.g. an N95 mask).

Persons Who are Exposed¹ to Someone with COVID-19 (Quarantine) Unvaccinated²; OR Vaccinated and booster-eligible³ but have not yet received their booster dose.

Required Action:

Notify the employee's supervisor. Exposure assessment should consider the specific environment of the employee, including any existing engineering controls. The exposure assessment will be conducted by the Public Health – Special Case Investigations Team (SCIT) in consultation with the DICO at the first responder agency.

- Contact the SCIT Team to discuss referral for testing.
- Stay home for at least 5 days after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present **and** a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings⁴.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

¹ Exposure definition: Close contact within six feet of an infected person for a cumulative 15 minutes or more over a 24-hour period

² Includes persons previously infected with SARS-CoV-2, including within the last 90 days.

³ Please refer to [CDC COVID-19 Booster Shots](https://www.cdc.gov/media/releases/2021/s0810-covid-19-booster-shots.html) to determine booster eligibility.

⁴ Masking: During the days following isolation or exposure when masks are worn, all persons should optimize mask fit and filtration ideally through use of surgical masks or respirators (e.g. an N95 mask).

Persons Who are Exposed¹ to Someone with COVID-19 (No Quarantine) Boosted; OR Vaccinated, but not yet booster-eligible².

Required Action:

Notify the employee's supervisor. Exposure assessment should consider the specific environment of the employee, including any existing engineering controls. The exposure assessment will be conducted by the Public Health – Special Case Investigations Team (SCIT) in consultation with the DICO at the first responder agency.

- Contact SCIT to discuss referral for testing.
- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings³.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

¹ Exposure definition: Close contact within six feet of an infected person for a cumulative 15 minutes or more over a 24-hour period.

² Please refer to [CDC COVID-19 Booster Shots](#) to determine booster eligibility.³ Masking: During the days following isolation or exposure when masks are worn, all persons should optimize mask fit and filtration ideally through use of surgical masks or respirators (e.g. an N95 mask).

For more information about isolation and quarantine guidance, please visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

For employer responsibilities under CalOSHA COVID Emergency Temporary Standards, please visit:

<https://www.dir.ca.gov/dosh/coronavirus/ETS.html>