

Protocol for Isolation and Quarantine for First Responders (Law Enforcement; Fire; Paramedics; Social Service Workers (Child Welfare and Assisted Living))

Persons Who Test Positive for COVID-19 Regardless of Symptoms (Isolation)

Required Action:

- Stay home for the defined infectious period (see below). See Important Links and Information below for details and FAQs.
- After ending isolation, must continue to wear a well-fitting mask when sharing indoor airspace for a total of 10 days.

Persons Who Display Symptoms of COVID – 19 (No Known Exposure)

Required Action:

- Self-isolate and test as soon as possible.
- If test result is negative but individual is still symptomatic, continue self-isolation and retest in 1-2 days if initially testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine) (High-Risk and Non-High Risk Settings)

Required Action:

- Asymptomatic employees in a non-healthcare work setting are **not required to stay home** from work if a negative diagnostic test is obtained 3-5 days after last exposure to case.
- Asymptomatic employees in a high-risk setting are **not required to stay home** from work if a negative diagnostic test is obtained immediately upon notification and 3-5 days after last exposure.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings.
- If symptoms develop, **test, and stay home**. If testing positive, see “Persons Who Test Positive for COVID-19 (Isolation)” and Important Links and Information below.

Note: Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.

Important Links and Information:

- Follow [CDPH Guidance for Isolation and Quarantine](#).
- Follow the appropriate regulation for your workplace.
- Some employers are subject to the [Cal/OSHA COVID-19 Non-Emergency Regulations](#) or in some workplaces the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard \(PDF\)](#) and should consult those regulations for additional applicable requirements.
- Additional information about how CDPH isolation and quarantine guidance affects covered workplaces may be found in [COVID-19 Prevention Non-Emergency Regulations FAQs](#).

Masking:

- NOTE: After **April 3, 2023**, masking will only be required in health care settings when COVID transmission meets community thresholds. It is important that workers continue to follow any workplace specific policies required by their employer. For more information regarding Cal-OSHA requirements, please visit https://www.dir.ca.gov/title8/3205_1.html
- 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.
- In homeless shelters, emergency centers, cooling and heating centers, and state and local correctional facilities and detention centers, masking is required when meeting community transmission thresholds.

Close Contact exposure:

- In indoor spaces 400,000 or fewer cubic feet per floor (such as home, clinic waiting room, airplane etc.), a close contact is defined as sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period (for example, three separate 5-minute exposures for a total of 15 minutes) during a confirmed case's infectious period.
- In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food processing facilities), a close contact is defined as being within 6 feet of the confirmed case for a cumulative total of 15 minutes or more over a 24-hour period during the confirmed case's infectious period.
- Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.

Infectious Period:

- For symptomatic confirmed cases, 2 days before the confirmed case had any symptoms (symptom onset date is Day 0). The period may end on Days 5–10 after symptoms first appeared IF 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved, OR
- For asymptomatic confirmed cases, 2 days before the positive specimen collection date (collection date is Day 0) through Day 5 after positive specimen collection date for the initial positive COVID-19 test. Should symptoms develop, the definition for symptomatic confirmed cases shall be used.

Reporting:

- In addition, employers are required to report outbreaks of 3 or more cases to Public Health by calling 951-955-6912 and following any reporting instructions provided.
https://www.dir.ca.gov/dosh/coronavirus/Non_Emergency_Regulations/
- Records must be retained for two years beyond February 3, 2026.