

# Protocol for Isolation and Quarantine for Non-Health Care Work Settings

**(Separate protocols for Healthcare Workers and First Responders)  
This protocol aligns with CDPH Guidance on Isolation and Quarantine**

## **Persons Who Test Positive for COVID-19 (Isolation)**

**Everyone, regardless of vaccination status, previous infection, or lack of symptoms.**

### **Required Action:**

- Stay home for at least 5 days.
- Isolation can end after day 5 if symptoms are not present or are resolving **and** a diagnostic specimen<sup>1</sup> 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 without use of fever reducing medication.
- 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 settings<sup>2</sup>.

<sup>1</sup> Antigen test preferred

<sup>2</sup> 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.

## Persons Who are Exposed<sup>1</sup> to Someone with COVID-19 (Quarantine)

**Unvaccinated<sup>2</sup>; OR Vaccinated and booster-eligible<sup>3</sup> but have not yet received their booster dose.**

### **Required Action:**

- 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<sup>1</sup> 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 settings<sup>4</sup>.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

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

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

<sup>3</sup> Please refer to [CDC COVID-19 Booster Shots](https://www.cdc.gov/covid19/boosters/) to determine booster eligibility.

<sup>4</sup> Masking: During the days following isolation or exposure when masks are worn, all persons should optimize mask fit and filtration ideally through use of a surgical masks or respirators.

## Persons Who are Exposed<sup>1</sup> to Someone with COVID-19 (No Quarantine)

**Boosted; OR Vaccinated, but not yet booster-eligible<sup>2</sup>.**

### Required Action:

- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings<sup>3</sup>.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

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

<sup>2</sup> Please refer to [CDC COVID-19 Booster Shots](#) to determine booster eligibility.

<sup>3</sup> 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.

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 information about employer responsibilities under CalOSHA COVID Emergency Temporary Standards, please visit: <https://www.dir.ca.gov/dosh/coronavirus/ETS.htm>