



California Department of Public Health (CDPH) Guidance on Isolation and Quarantine Recommendations Effective December 30, 2021

POSITIVE COVID TEST

All employees who test positive for COVID-19 must isolate, regardless of vaccination status, previous infection, or lack of symptoms. Isolation* includes:

- 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 collected on Day 5 or later tests negative.
- If unable to test or choose not to test, and symptoms are not present or are resolving, isolation can end after Day 10.
- If a fever is present, isolation should be continued until fever resolves.
- 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 (see “Masking” section below for additional information).

CLOSE CONTACT EXPOSURE TO COVID-19 POSITIVE INDIVIDUAL

Unvaccinated -or- Vaccinated without Booster (and eligible for booster)

All employees who are exposed to someone with COVID-19 must quarantine if they are unvaccinated; or vaccinated and booster eligible but have not yet received their booster dose (note: this includes person previously infected with SARS-CoV-2, including within the last 90 days). Quarantine** includes:

- Stay home for at least 5 days after your last contact with a person who tested positive for 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 settings.
- If testing positive, follow the isolation recommendation above.
- If symptoms develop, test, and stay home.

Vaccinated with Booster -or- Vaccinated without Booster (and not yet eligible for booster)

All employees exposed to COVID-19 do not need to quarantine if they are both vaccinated and have received the booster shot; or vaccinated but not yet eligible for the booster shot.

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

MASKING

During the days following isolation or exposure, when masks are worn, all persons should optimize mask fit and filtration, ideally through the use of a surgical mask or respirator.

* Isolation: Separates those infected with a contagious disease from people who are not infected.

** Quarantine: Restricts the movement of persons who were exposed to a contagious disease in case they become infected.