

**Protocol for
Isolation and Quarantine for
the General Public
(Separate protocol for Health Care Workers; First Responders; County
workers and Congregate settings)**

Persons Who Test Positive for COVID-19 (Isolation)

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

Recommended 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* 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 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.

*Antigen test preferred

Persons Who are Exposed* to Someone with COVID-19 (Quarantine)

Unvaccinated; OR Vaccinated and booster-eligible*** but have not yet received their booster dose.**

Recommended 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 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 isolation recommendations above.
- If symptoms develop, test, and stay home.

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

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

***A person becomes booster-eligible 6 months after their 2nd dose of a Moderna or Pfizer-Bioethics COVID-19 vaccine OR 2 months after the 1st dose of their Johnson and Johnson (J&J)/Janssen vaccine, OR 6 months after getting all recommended doses of a World Health Organization (WHO) emergency use listing (EUL) COVID-19 vaccine OR 6 months after getting all recommended doses of a mix and match series composed of any combination of FDA-approved, FDA-authorized, or WHO- EUL COVID-19 vaccines.

Persons Who are Exposed* to Someone with COVID-19 (No Quarantine)

Boosted; OR Vaccinated, but not yet booster-eligible.**

Recommended Action:

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

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

**A persons becomes booster-eligible 6 months after their 2nd dose of a Moderna or Pfizer-Bioethics COVID-19 vaccine OR 2 months after their 1st dose of their Johnson and Johnson (J&J)/Janssen vaccine, OR 6 months after getting all recommended doses of a World Health Organization (WHO) emergency use listing (EUL) COVID-19 vaccine OR 6 months after getting all recommended doses of a mix and match series composed of any combination of FDA-approved, FDA-authorized, or WHO- EUL COVID-19 vaccines.

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>