

CA Department of Public Health's Isolation and Quarantine of the General Public (12/30/2021)

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

Updates as of December 30, 2021:

- Updated isolation and quarantine recommendations for the general public, in alignment with timeframe [recommendations from the Centers for Disease Control and Prevention \(CDC\)](#).
- Recommends additional mitigation measures, including testing to exit isolation and quarantine and improved masking.
- Clarified that fully-vaccinated persons who are booster-eligible, but have not yet received their booster dose are now recommended to quarantine per [updated CDC recommendations](#).
- Included Appendix to determine when a person is "booster-eligible".

COVID-19 vaccination and boosters remain the most important strategy to prevent serious illness and death from COVID-19.

Isolation and Quarantine Recommendations for the General Public (not applicable to healthcare personnel)

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<ul style="list-style-type: none"> • Stay home (PDF) 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 (see Section below on masking for additional information) <p>*Antigen test preferred.</p>

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> • Unvaccinated**; OR • Vaccinated and booster-eligible** but have not yet received their booster dose. <p>**Includes persons previously infected with SARS-CoV-2, including within the last 90 days.</p> <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> • Stay home (PDF) 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 (see Section below on masking for additional information) • If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> • Boosted; OR • Vaccinated, but not yet booster-eligible. <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> • Test on day 5. • Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information) • If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.

(Information is subject to change based on updated COVID-19 protocols and recommendations.)