

## Isolation and Quarantine Recommendations for the General Public

All persons with COVID-19 symptoms, regardless of vaccination status or previous infection, should:

- Wear a mask around others for a total of 10 days.
- Self-isolate and test as soon as possible to determine infection status. Knowing one is infected early after symptom onset enables (a) earlier access to treatment options, if indicated (especially for those who may be at risk for severe illness), and (b) notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.
  - For symptomatic persons who have tested positive within the previous 90 days, using an antigen test is recommended because PCR tests can detect noninfectious viral fragments for up to 90 days.
- If symptoms persist, after testing negative with an antigen test, consider continuing self-isolation and retesting with an antigen or PCR test in 1–2 days if testing negative with an antigen test, particularly if the negative test result was obtained during the first 1–2 days of symptoms. Consider [repeat testing](#) every 1–2 days for several days [if symptoms continue](#). If any of those tests are positive:
  - Follow recommended actions below (Table 1).
  - Contact a healthcare provider about available treatments, especially those at high risk for serious disease or with any questions concerning their care. For more information about available treatments, please see [COVID-19 Treatments \(ca.gov\)](#).

**Table 1: Persons Who Should Isolate**

Persons Who Test Positive for COVID-19 - Recommended Actions	
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p> <p>Persons in healthcare settings** should follow recommendations and requirements as listed below.</p>	<p><a href="#">Stay home</a> (PDF) for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms).</p> <ul style="list-style-type: none"> <li>• Isolation can end after Day 5 if:                             <ul style="list-style-type: none"> <li>○ Symptoms are not present, or are mild and improving; AND</li> <li>○ fever has been resolved for 24 hours (without the use of fever-reducing medication).</li> </ul> </li> <li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>• If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.</li> <li>• If the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.</li> </ul>

	<ul style="list-style-type: none"> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.*</li> <li>• After ending isolation, if symptoms recur or worsen, test again and if positive, restart isolation at Day 0.</li> </ul>
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\*After ending isolation (no fever without the use of fever-reducing medications and symptoms are improving), confirmed cases may remove their mask sooner than Day 10 if they have two sequential negative tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.

Infected persons should notify close contacts to encourage them to get tested 3-5 days after exposure. Learn more on how to notify close contacts through the guidance on [What to Do If You Test Positive for COVID-19](#).

**Table 2: Close Contacts – (No Quarantine)**

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p> <p>Persons in healthcare settings** should follow recommendations and requirements as listed below.</p>	<ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li> <li>• Strongly encouraged to be <a href="#">up to date</a> with COVID-19 vaccines.</li> <li>• If symptoms develop, test, and stay home (see earlier section on symptomatic persons), AND</li> <li>• If test result is positive, follow isolation recommendations above (Table 1).</li> </ul>