### COVID-19 Quarantine, Isolation, and Return to Work Summary Chart

<table>
<thead>
<tr>
<th>If you <strong>Test Positive</strong> for COVID-19</th>
<th>If you had <strong>Close Contact</strong> with Someone who has COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone who tests positive or is diagnosed with COVID-19, regardless of vaccination status, previous infection, or lack of symptoms must follow these steps before returning to work.</td>
<td>Everyone, regardless of vaccination status, who is exposed or has close contact with someone who has COVID-19 must follow these steps.</td>
</tr>
</tbody>
</table>

#### Isolation Required (per CDPH and Cal/OSHA)

- Stay home for **10 days**.
- Isolation may be reduced and employee may return to work **after day 5 only if the following occurs**:
  - symptoms are not present or are improving; and
  - no fever for 24 hours without taking fever-reducing medication; and
  - diagnostic test (antigen or PCR test) collected on **day 5** or later tests **negative**. An at-home test must be documented with a photo including name and date. See Find Testing.
- If unable to test or choosing not to test, and symptoms are not present or are improving, may return to work **after day 10**.
- If fever is present, isolation must continue **until fever resolves**.
- If symptoms (other than fever) are not improving, continue to isolate until symptoms improve or until after day 10.
- Wear a well-fitting mask² around others **through day 10** after start of symptoms.

#### Quarantine Not Required

- Wear a well-fitting mask or respirator² around others (at your worksite, indoors, in vehicles, in the field when working near others, etc.) for at least **10 days** after exposure.
- Monitor yourself for **COVID-19 symptoms**. If symptoms develop, get tested immediately and stay home.
- Get Tested **3-5 days after last exposure** – see Find Testing for more information.
- If you test positive, follow the isolation steps in the left column.

All exposed persons, even those who were fully vaccinated or previously infected, should self-monitor for COVID-19 symptoms and strictly adhere to all recommended non-pharmaceutical interventions (e.g., wearing a mask, maintaining a distance of at least 6 feet from non-household members, frequently washing hands or using hand sanitizer, avoiding crowds and poorly ventilated indoor spaces) for at least **10 days** following the last date of exposure.

**Close Contact definition**: Close Contact occurs through proximity and duration of exposure. Someone who shared the same indoor airspace with an infected person for a cumulative total of **15 minutes or more** over a 24-hour period is considered a Close Contact.

**Quarantine/Isolation Orders**: Local public health departments may require a longer or shorter quarantine/isolation, depending on the specific conditions of the case or local conditions. If a local or state health official issues an order to quarantine or isolate an employee, the employee may not return to work until the period of isolation or quarantine is completed or the order is lifted. If no time period is specified, or if the health department has not provided recommendations for your case, use this guidance.

1. See [California COVID-19 Vaccines Booster Recommendations](https://www.cdph.ca.gov/programs/cid/ncov/vaccines/booster_recommendations.html) for vaccination and booster criteria.
2. See [CDPH Get the Most Out of Masking](https://www.cdph.ca.gov/programs/cid/dos/publications/masking_guidance.pdf) and [UC ANR Mask Protocol](https://ucanr.edu/policy/ps0557) for additional information.

