

COVID-19 ISOLATION REQUIREMENTS

Summary for the General Public

Everyone With COVID-19 Must Isolate

Everyone[‡] with COVID-19 must isolate, regardless of vaccination status, previous infection, or lack of symptoms. A person is considered to have COVID-19 if they have a positive viral test and/or their healthcare provider thinks they have COVID-19.

Stay home



- Isolation can end *after* Day 5* **ONLY** if all of the following criteria are met:
 - A COVID-19 viral test** collected on Day 5 (or later) is negative
 - No fever for at least 24 hours without the use of fever reducing medicine
 - Other symptoms are not present or are improving.

--or--

- Isolation can end after Day 10 if both these criteria are met:
 - No fever for at least 24 hours without the use of fever reducing medicine
 - Other symptoms are not present or are improving

For most people, if both of the above criteria are met, isolation can end after Day 10 even if follow-up COVID-19 viral tests are positive. However, people who have a condition that weakens their immune systems or who were severely ill with COVID-19 might need to stay home for longer.

Note: Employers may require their employees/contractors to be excluded from work for the full 10 days of isolation. Employees should discuss return to work with their employer. See [Return to Work \(Non-Healthcare\) Summary Table](#).

Wear a highly protective mask



People who are in isolation **must** wear a highly protective mask if they must be around others.

People who meet the criteria to leave isolation after Day 5 are **strongly recommended** to continue to wear a highly protective mask around others, especially indoors, through Day 10*. However, employees[‡] are **required** to wear a mask at the workplace for a total of 10 days after their positive test. See [Return to Work \(Non-Healthcare\) Summary Table](#).

See ph.lacounty.gov/masks for details about masks that offer the best protection.



Tell close contacts that they have been exposed

They need to follow instructions for close contacts at ph.lacounty.gov/covidquarantine.

*To count isolation days:

- For people with symptoms, Day 0 is the first day of symptoms. Day 1 is the first full day after symptoms developed.
- For people with no symptoms, Day 0 is the day the positive test was taken. Day 1 is the first full day after the positive test was taken.

**The test must be an [FDA authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. [Antigen tests are preferred](#). Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).

[‡]Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

Follow the full isolation instructions

Scan the QR code or visit ph.lacounty.gov/covidisolation.



COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

Summary for the General Public

Close Contacts Who Must Quarantine

Persons who are exposed to someone with COVID-19 must quarantine if they are not up to date with their vaccines. This includes those who are:

- Unvaccinated or have not completed a primary vaccine series (not fully vaccinated); OR
- Fully vaccinated and booster-eligible but have **not** yet received a booster dose

Students in grades TK-12 and some employees may be allowed to go to work or school - see below.

Requirements



Stay home

Quarantine can end *after* Day 5* only if symptoms are not present, **and** a COVID-19 viral test** collected on Day 5 or later is negative.

If a test is not done on Day 5 or later and symptoms are not present, quarantine can end *after* Day 10.



Wear a highly protective mask

People who are in quarantine **must** wear a highly protective mask if they must be around others.

People who meet the criteria to end quarantine after Day 5 are **strongly recommended** to continue to wear a highly protective mask around others, especially indoors, through Day 10*. However, employees[‡] are **required** to wear a mask at the workplace for a total of 10 days after exposure. See [Return to Work \(Non-Healthcare\) Summary Table](#).

See ph.lacounty.gov/masks for details about masks that offer the best protection.



Monitor health for 10 days

If symptoms develop, test** and stay home.

If test positive, follow isolation requirements at ph.lacounty.gov/covidisolation.

Recommendations



Get tested on Day 5 (or later)** if possible.

People who are [at higher risk for severe illness](#) or who live with someone at high risk, should consider getting tested right away. If positive, they can get [medicine to prevent severe illness](#) (if eligible) and tell their close contacts.

If they test negative, they should test again on Day 5, if possible and test immediately if symptoms develop.

If test positive at any time, follow isolation requirements at ph.lacounty.gov/covidisolation.

* To count quarantine days: Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the exposure.

** The test should be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. (Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).)

Students in grades TK-12 who do not have symptoms may be permitted to attend school and participate in other school related activities during their quarantine period. Contact the school to learn more. In addition, fully vaccinated students may be allowed to participate in organized sports regardless of whether or not they have had a booster. Refer to ph.lacounty.gov/EducationToolkitTK12 for more details.

Employees[‡] who are fully vaccinated and booster-eligible but have not yet received their booster dose who do not have symptoms may be allowed by their employer to continue to go to work if they meet certain criteria. See [Return to Work \(Non-Healthcare\) Summary Table](#). They must quarantine at home when not at work.

[‡]Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

Follow the full instructions for close contacts

Scan the QR code or visit ph.lacounty.gov/covidquarantine.



COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

Summary for the General Public

Close Contacts Who Do Not Need to Quarantine

Persons who are exposed to someone with COVID-19 do not need to quarantine (are exempt) if:

- They have no symptoms **AND**
 - Are up to date on all COVID-19 vaccines (up to date means fully vaccinated + received a booster dose or fully vaccinated but not yet booster-eligible), **OR**
 - Tested positive using a viral test for COVID-19 within the last 90 days and recovered.

Note: The test must be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Recovered means you completed the isolation period for your COVID-19 infection.

Recommendations

Wear a highly protective mask



It is **strongly recommended** the persons wear a highly protective mask around others, especially indoors, through Day 10*. However, employees[‡] are **required** to wear a mask at the workplace for a total of 10 days after exposure. See [Return to Work \(Non-Healthcare\) Summary Table](#).

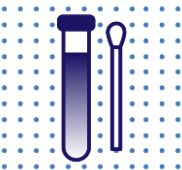
See ph.lacounty.gov/masks for details about masks with best protection.



Monitor your health for 10 days*

If symptoms develop, stay home and test.**

If test is positive, follow isolation instructions at ph.lacounty.gov/covidisolation.



Get tested on Day 5 (or later)* if possible.

People who are [at higher risk for severe illness](#) or who live with someone at high risk, should consider getting tested right away. If positive, they can get [medicine to prevent severe illness](#) (if eligible) and tell their close contacts.

If they test negative, they should test again on Day 5, if possible, and test immediately if symptoms develop.

(COVID-19 testing is not recommended for persons who tested positive for COVID-19 in the past 90 days unless symptoms develop.)

If test is positive at any time, follow isolation instructions at ph.lacounty.gov/covidisolation.

* To count quarantine days: Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the exposure.

** The test should be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. (Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).)

[‡]Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

Follow the full instructions for close contacts

Scan the QR code or visit ph.lacounty.gov/covidquarantine.

