

## Isolation and Quarantine

# Requirements and Recommendations

Summary for the General Public (not applicable to healthcare personnel<sup>±</sup>)

## Isolation

Persons with COVID-19 (Isolation)	Requirements
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p> <p><i>Persons are considered to have COVID-19 if they have a positive viral test and/or their healthcare provider thinks they have COVID-19.</i></p>	<p><b>Stay home</b> for at least 5 days.</p> <ul style="list-style-type: none"><li>Isolation can end after Day 5* <b>ONLY</b> if <u>all</u> of the following criteria are met:<ol style="list-style-type: none"><li>A COVID-19 viral test** collected on Day 5 or later is negative</li><li>No fever for at least 24 hours without the use of fever reducing medicine</li><li>Other symptoms are not present or are improving</li></ol></li><li>--or--</li><li>Isolation can end after Day 10 if <u>both</u> these criteria are met:<ol style="list-style-type: none"><li>No fever for at least 24 hours without the use of fever reducing medicine</li><li>Other symptoms are not present or are improving</li></ol></li></ul> <p><b>Wear a well-fitting medical grade mask around others for a total of 10 days</b>, especially in indoor settings.</p> <ul style="list-style-type: none"><li>Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.</li><li>See <a href="https://ph.lacounty.gov/masks">ph.lacounty.gov/masks</a> for more information.</li></ul> <p><b>Tell your close contacts</b> that they have been exposed and need to follow instructions for close contacts at <a href="https://ph.lacounty.gov/covidquarantine">ph.lacounty.gov/covidquarantine</a>.</p> <p><b>Follow the full isolation instructions</b> for people with COVID-19 at <a href="https://ph.lacounty.gov/covidisolation">ph.lacounty.gov/covidisolation</a>.</p> <p><b>Notes</b></p> <p>*To count the days:</p> <ul style="list-style-type: none"><li>If you have symptoms, Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.</li><li>If you do not have symptoms, Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.</li></ul> <p>**The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred.</p>

<sup>±</sup>Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

## Isolation and Quarantine

# Requirements and Recommendations

Summary for the General Public (not applicable to healthcare personnel<sup>±</sup>)

## Quarantine

*For Close Contacts That Must Quarantine (Are Not Exempt)*

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Requirements
<p>People who are not up to date with their COVID-19 vaccination:</p> <ul style="list-style-type: none"><li>• Unvaccinated/incompletely vaccinated; OR</li><li>• Fully vaccinated and booster-eligible but have <b>not</b> yet received their booster dose.*</li></ul> <p>* Employees may be allowed to continue to work if they meet certain criteria - see below.</p>	<p><b>Stay home</b> for at least 5 days, after your last contact with a person who has COVID-19.</p> <ul style="list-style-type: none"><li>• <b>Test on Day 5.</b> In addition, consider testing immediately, especially if you or anyone who lives with you is <u>at increased risk for severe illness</u>.</li><li>• Quarantine can end after Day 5 only if symptoms are not present, <b>and</b> a COVID-19 viral test collected on Day 5 or later is negative.</li><li>• If a test is not done on Day 5 or later, and symptoms are not present, quarantine can end after Day 10.</li></ul> <p><b>Monitor your health for 10 days.</b> If symptoms develop, test, and stay home. If you test positive, follow isolation requirements at <a href="https://ph.lacounty.gov/covidisolation">ph.lacounty.gov/covidisolation</a>.</p> <p><b>Wear a well-fitting medical grade mask around others for 10 days</b> after your last exposure, especially in indoor settings; children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire. See <a href="https://ph.lacounty.gov/masks">ph.lacounty.gov/masks</a> for more information.</p> <p><b>Follow the full instructions for close contacts</b> at <a href="https://ph.lacounty.gov/covidquarantine">ph.lacounty.gov/covidquarantine</a></p> <p>Note: Day 0 is the day of your last contact (exposure) with the infected person. Day 1 is the first full day after your last exposure.</p>

\*Employees (except healthcare personnel<sup>±</sup>) who do not have symptoms may be allowed to continue to work on the condition that they:

- Get a viral test 3-5 days after their last exposure to the infected person and the result is negative; and
- Wear a well-fitting medical-grade mask (ideally an N95/K95) around others indoors and outdoors for a total of 10 days and do not eat or drink around others; and
- Continue to have no symptoms; and
- Quarantine at home when they are not at work.

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## Isolation and Quarantine

# Requirements and Recommendations

Summary for the General Public (not applicable to healthcare personnel<sup>±</sup>)

## No Quarantine Required

*For Close Contacts That Are Exempt from Quarantine*

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Required and Recommended Actions
<p>No symptoms <b>AND</b></p> <ul style="list-style-type: none"><li>• Up to date on all COVID-19 vaccines (Boosted or Fully Vaccinated but not yet booster-eligible) OR</li><li>• Recovered from lab-confirmed COVID-19 within the last 90 days</li></ul>	<p><i>Required</i></p> <p><b>Monitor your health for 10 days.</b> If symptoms develop, stay home and test. If you test positive, follow isolation requirements on <a href="https://ph.lacounty.gov/covidisolation">ph.lacounty.gov/covidisolation</a>.</p> <p><b>Wear a well-fitting medical grade mask around others for 10 days</b>, especially in indoor settings; children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire. See <a href="https://ph.lacounty.gov/masks">ph.lacounty.gov/masks</a> for more information.</p> <p><i>Recommended</i></p> <p><b>Consider testing immediately</b>, especially if you or anyone who lives with you is <a href="#">at increased risk for severe illness</a>, and if negative, again on day 5. (If you recently recovered from COVID-19 testing is not recommended unless you develop symptoms.)</p> <p>See full Quarantine and Other Instructions for Close Contacts at <a href="https://ph.lacounty.gov/covidquarantine">ph.lacounty.gov/covidquarantine</a>.</p> <p>Note: Day 0 is the day of your last contact (exposure) with the infected person. Day 1 is the first full day after your last exposure.</p>

<sup>±</sup>Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).