

Isolation, Quarantine & Testing Reference Guide for Providers

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Intended Audience: Healthcare Providers

Purpose: To provide a quick reference guide on covid-19 isolation, quarantine, and testing guidelines

	Cases	
	Symptomatic	Asymptomatic
Case (all cases regardless of setting)	<p>Isolation Period: Starts immediately. If case is symptomatic, isolation can be discontinued after:</p> <p>At least 10 days since symptoms first appeared, AND At least 24 hours with no fever (without the use of fever-reducing medications); AND Improvement in other symptoms.</p> <p>Testing: No additional testing needed after a positive test.</p>	<p>Isolation Period: Starts immediately and ends 10 days after collection date of positive test.</p> <p>Testing: No additional testing needed after a positive test.</p>
Case in high-risk, congregate setting (e.g., jails, shelters, SNFs/LTCFs, dormitories)	Follow the same guidelines as above.	Follow the same guidelines as above.
Case (severely ill or immunocompromised)	Discontinuation of isolation policies in hospital settings should be determined by the individual institution. NOTE: The timeframe from symptom onset could be extended to up to 20 days for individuals who are severely immunocompromised (e.g., currently receiving chemotherapy, or recent organ transplant), or who had critical illness (e.g., required intensive care)	

Close Contacts		
	Symptomatic	Asymptomatic
Close Contact	<p>Quarantine Period:</p> <p>Starts immediately and ends 10 days after last exposure to case AND until 24 hours after fever resolution and improvement in other symptoms, whichever is longer.</p> <p>Close contacts who develop symptoms before Day 10, but who test negative, must remain in quarantine for at least 10 days AND until 24 hours after fever resolution and improvement of other symptoms.</p> <p>Close contacts who develop symptoms between Days 11 – 14 must retest after symptoms began. Those who test negative must remain in quarantine until 24 hours after fever resolution and improvement in other symptoms.</p> <p>If close contact continues to be exposed to a case during their isolation, the Quarantine Period starts immediately and ends 10 days after case’s isolation period ends. This may last about 20 days.</p> <p>Testing:</p> <p>Test immediately because contact is symptomatic: If positive, continue to follow Home Isolation Steps. If negative and the test was earlier than 6 days after last exposure to case, repeat testing towards the end of the Quarantine Period. If negative and the test was done after 6 days from the last exposure to the case, the close contact must remain in quarantine for a full 10 days.</p> <p><i>Please note: all symptomatic close contacts must quarantine and get tested</i></p>	<p>Quarantine Period¹: Starts immediately and ends 10 days after last exposure to case.</p> <p>Close contacts without symptoms may end quarantine after Day 10 from last exposure but should continue monitoring for symptoms for a full 14 days. If close contact continues to be exposed to a case during their isolation, the Quarantine Period starts immediately and ends 10 days after case’s isolation period ends. This may last 20-24 days.</p> <p>Testing²:</p> <p>Test at day 6 after last exposure to case. Test immediately, if the close contact becomes symptomatic during quarantine. If testing is done <u>earlier</u> than 6 days after the last exposure to case, repeat testing towards the end of the 10 day Quarantine Period.</p> <p><i>Fully Vaccinated Individuals:</i></p> <p>Vaccinated Close Contacts^{3,4} are not required to quarantine if they meet all of the following criteria:</p> <ul style="list-style-type: none"> • Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine), • Have remained asymptomatic since the current COVID-19 exposure, and

	<p><i>immediately, regardless of vaccination status.</i></p>	<ul style="list-style-type: none"> • Are not an inpatient or resident in a healthcare setting or facility <p>See section below on Quarantine Guidance for Fully Vaccinated People for more information.</p>
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¹Workers with special quarantine considerations: Consult your employer if you are considered a first responder or healthcare worker and compliance with the Public Health Department’s isolation and quarantine guidance would compromise the continuity of service of your operation or department. If critical staffing shortages exist, healthcare workers may follow the recommendations outlined [here](#).

²The Public Health Department may provide alternative testing recommendations in congregate settings and during cluster investigations.

³Fully vaccinated healthcare workers who have been exposed to COVID-19 case are not required to quarantine outside of work if they meet the above criteria. For more information, see section on Managing Exposures Among Healthcare Workers.

⁴Inpatients and residents in healthcare settings should continue to follow [CDPH quarantine guidance for healthcare settings](#) following an exposure to someone with suspected or confirmed COVID-19.