

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> <ul style="list-style-type: none"> • 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, whichever is longer <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 (severely ill or immunocompromised)	<p>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).</p>		

Close Contacts		
	Symptomatic	Asymptomatic ¹
Unvaccinated or Partially Vaccinated Close Contacts	<p>Quarantine Period²:</p> <ul style="list-style-type: none"> Without testing, quarantine can end after Day 10 from the date of last exposure AND at least 24 hours after fever resolution AND improvement in other symptoms, whichever is longer; OR With testing, quarantine can end after Day 7 if a diagnostic specimen collected on or after Day 5 from the date of last exposure is negative AND 24 hours or more after fever resolution AND improvement in other symptoms, whichever is longer. 	<p>Quarantine Period²:</p> <ul style="list-style-type: none"> Without testing, quarantine can end after Day 10 from the date of last exposure; OR With testing, quarantine can end after Day 7 if a diagnostic specimen collected on or after Day 5 from the date of last exposure is negative. <p>Quarantine Period for Previously Infected Unvaccinated Close Contacts: If a close contact had COVID-19 within the previous 90 days and has not had any new symptoms since their recent exposure to someone with COVID-19, they do not need to quarantine.</p>
	<p align="center"><u>For All Close Contacts (symptomatic and asymptomatic)</u></p> <p>In addition to the above guidance:</p> <ul style="list-style-type: none"> Close contacts should continue monitoring for symptoms for a full 14 days. If a 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, or if above testing criteria are met, 7 days after the case's isolation period ends. <p>Testing³:</p> <ol style="list-style-type: none"> All close contacts should be tested immediately if they develop symptoms. <u>A non-household close contact</u> (regardless of vaccination status) should test immediately AND on or after day 5 after last exposure to case. <u>A household close contact</u> (regardless of vaccination status) with ongoing exposure should be tested three times: <ul style="list-style-type: none"> Immediately AND 5 days after first exposure to case AND 5 days after case completes their isolation period 	

	Symptomatic	Asymptomatic ¹
Fully Vaccinated ⁶ Close Contacts	Quarantine Period²: <ul style="list-style-type: none"> Without testing, quarantine can end after Day 10 from the date of last exposure AND at least 24 hours after fever resolution AND improvement in other symptoms, whichever is longer; OR With testing, quarantine can end immediately if a diagnostic specimen collected while symptomatic is negative AND 24 hours or more after fever resolution AND improvement in other symptoms. 	Fully-vaccinated Close Contacts ^{4,5} should follow CDC recommendations . In general, they are not required to quarantine if they meet all the following criteria: <ul style="list-style-type: none"> Are fully vaccinated⁶, AND Have remained asymptomatic since the current COVID-19 exposure, AND Are not an inpatient or resident in a healthcare setting or facility.
	<u>For All Close Contacts (symptomatic and asymptomatic)</u>	
	Testing³: <ol style="list-style-type: none"> All close contacts should be tested immediately if they develop symptoms. <u>A non-household close contact</u> should test immediately AND on or after day 5 after last exposure to case. <u>A household close contact</u> (regardless of vaccination status) with ongoing exposure should be tested three times: <ul style="list-style-type: none"> Immediately AND 5 days after first exposure to case AND 5 days after case completes their isolation period 	

¹Unvaccinated close contacts who remain asymptomatic, meaning they have NOT had any symptoms

²Workers with special quarantine period 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](#).

³The Public Health Department may provide alternative testing recommendations in congregate settings and during cluster/outbreak investigations.

⁴Fully vaccinated healthcare workers who have been exposed to a COVID-19 case are not required to quarantine outside of work if they meet the above criteria but should still be tested for COVID-19 **immediately and** on or after **5 days** after last exposure to case. For more information, see section on [Managing Exposures Among Healthcare Workers](#).

⁵Inpatients 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.

⁶Fully vaccinated is defined as:

- ≥14 days following receipt of the second dose in a 2-dose series, or
- ≥14 days following receipt of one dose of a single-dose vaccine.