

## FOR STUDENTS 23-24

**Table 1: Persons Who Should Isolate**

Persons Who Test Positive for COVID-19	Recommended Actions
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p> <p>Persons in healthcare settings** should follow recommendations and requirements as listed below.</p>	<p><b>Stay home</b> (PDF) for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms).</p> <ul style="list-style-type: none"> <li>• Isolation can end after Day 5 if:               <ul style="list-style-type: none"> <li>◦ Symptoms are not present, or are mild and improving; AND</li> <li>◦ fever has been resolved for 24 hours (without the use of fever-reducing medication).</li> </ul> </li> <li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>• If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.</li> <li>• If the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.</li> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. *</li> <li>• After ending isolation, if symptoms recur or worsen, test again and if positive, restart isolation at Day 0.</li> </ul>

\*After ending isolation (no fever without the use of fever-reducing medications and symptoms are improving), confirmed cases may remove their mask

sooner than Day 10 if they have two sequential negative tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.

Infected persons should notify close contacts to encourage them to get tested 3-5 days after exposure. Learn more on how to notify close contacts through the guidance on [What to Do If You Test Positive for COVID-19](#).

**Table 2: Close Contacts – (No Quarantine)**

<b>Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)</b>	<b>Recommended Actions</b>
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p> <p>Persons in healthcare settings** should follow recommendations and requirements as listed below.</p>	<ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li> <li>• Strongly encouraged to be <a href="#">up to date</a> with COVID-19 vaccines.</li> <li>• If symptoms develop, test, and stay home (see earlier section on symptomatic persons), AND</li> <li>• If test result is positive, follow isolation recommendations above (Table 1).</li> </ul>

Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>