Updated Sacramento County COVID-19 Isolation & Quarantine Guidance for the General Public (Schools or Healthcare personnel have separate guidance) March 9, 2022

Isolation*:* separates those infected with a contagious disease from people who are not infected.
Quarantine: restricts the movement of persons who were exposed to a contagious disease in case they become infected.
Isolation and quarantine are proven public health interventions fundamental to reducing COVID-19 transmission.

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
Everyone, regardless of vaccination status, previous infection or lack of symptoms.	- Stay home for at least 5 days. - Isolation can end after day 5 if symptoms are not present or are resolving **and** a diagnostic specimen* collected on day 5 or later tests negative. - If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. - If fever is present, isolation should be continued until fever resolves. - If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10. - Per CDPH masking guidance, it is **strongly recommended** that persons wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) *Antigen test preferred.

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
- Unvaccinated; OR - Vaccinated and booster-eligible** but have **not** yet received their booster dose. (See Appendix for definition of booster-eligible)	- Stay home for at least 5 days, after your last contact with a person who has COVID-19. - Test on day 5. - Quarantine can end after day 5 if symptoms are not present **and** a diagnostic specimen collected on day 5 or later tests negative. - If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. - Per CDPH masking guidance, it is **strongly recommended** that persons wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) - Strongly encouraged to get vaccinated or boosted.

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	• If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.
• Vaccinated and booster-eligible but have **not** yet received their booster dose (including healthcare industry personnel and emergency services personnel but only in settings not covered by AFL 21-08 such as outpatient clinics, behavioral health clinics and free-standing urgent care).	In a workplace setting, asymptomatic employees in this category do not have to be excluded from work if: • A negative diagnostic test is obtained within 3-5 days after last exposure to a case • Employee wears a well-fitting mask around others for a total of 10 days • Employee continues to have no symptoms. • See What Employers and Workers Need to Know about COVID-19 Isolation and Quarantine for additional information.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
• Boosted; OR • Vaccinated, but not yet booster-eligible. • Persons previously infected with SARS-CoV-2 within the last 90 days (persons in this category do not need to get tested during the 90 days.) (See Appendix for definition of booster-eligible)	• Test on day 5. • Per CDPH masking guidance, it is **strongly recommended** that persons wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information) • If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.

Symptoms: COVID-19 have had a wide range of symptoms reported. May appear 2-14 days after exposure to the virus. The list does not include all possible symptoms; however people with these symptoms may have COVID-19.

• Fever or chills
• Cough
• Shortness of breath or difficulty breathing

• Fatigue
• Muscle or body aches
• Headache
• New loss of taste or smell

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- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Diagnostic Testing

An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable. It is recommended that persons use an antigen test for ending isolation. Over-the-counter self-tests are purchased without a prescription and specimens are collected and completely processed by an individual anywhere outside of a healthcare or lab setting without the supervision of a trained professional. Any individual can use self-tests as long as they are conducted in a manner consistent with the manufacturer's instructions. Parents may be required to supervise collection of specimens for their children. Self-tests can be used regardless of vaccination status and are just as effective in people that are vaccinated as in those that are not vaccinated. Exposed persons who were infected with SARS-CoV-2 within 90 days prior to their current exposure should also use an antigen test. Use of Over-the-Counter tests are also acceptable to end isolation or quarantine.

Interpreting Results

If a self-test is positive, regardless of presence of symptoms the individual should be presumed to have COVID-19 and should be instructed to undergo isolation and monitor symptoms. The individual should inform their health provider regarding the results for guidance on management of symptoms.

Individual reporting of self-test results

Individuals should report their test result according to the instructions recommended by the test. Some home tests have automatic reporting, others require the individual who tested to report their results through a phone application. If the test does not provide electronic reporting, positive test results should be shared with their healthcare provider in order to receive appropriate medical care.

B**est practices for verification of self-test results**

Use a digital (app-based) platform for test verification, which often includes scanning barcodes; these are available for certain brands of self-tests. Write the name and date on the test card results and send a picture of the card to the requesting entity. Create an attestation form and require signature declaring that the test specimen was obtained from the individual represented on the form, include the date the specimen was collected, and that the test was processed according to the instructions provided.

Steps for Isolation and Quarantine at Home
- Stay at home except to get medical care.
- Separate yourself from other people in your home. Do not have any visitors.

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- Wear a mask over your nose and mouth in indoor settings, including at home, especially if immuno-compromised or around those who are immunocompromised, unvaccinated, or at risk for severe disease.
- Avoid sharing rooms/spaces with others; if not possible, open windows to outdoor air (if safe to do so) to improve ventilation or use portable air cleaners and exhaust fans.
- Avoid using the same bathroom as others; if not possible, clean and disinfect after use.
- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds, or if you cannot wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean or disinfect "high-touch" surfaces.
- Monitor your symptoms.
- If you have symptoms or are sick, you should stay away from others even if they have some protection by having been previously infected in the past 3 months or by being fully vaccinated.

Appendix: **California COVID-19 Vaccines Booster Recommendations**

COVID-19 vaccine	Primary vaccination series	When does a person becomes booster-eligible	Which vaccine booster dose to receive
Moderna or Pfizer-BioNTech	1st and 2nd doses	5 months after 2nd dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer-BioNTech are preferred.
Johnson and Johnson [J&J]/Janssen	1st dose	2 months after 1st dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer-BioNTech are preferred.
World Health Organization (WHO) emergency use listing COVID-19 vaccine	All recommended doses	6 months after getting all recommended doses	Single booster dose of Pfizer-BioNTech COVID-19 vaccine
A mix and match series composed of any combination of FDA-approved, FDA-authorized, or WHO-EUL COVID-19 vaccines	All recommended doses	6 months after getting all recommended doses	Single booster dose of Pfizer-BioNTech COVID-19 vaccine

Resources: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx

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