

Section A: A person tests positive for COVID-19

Regardless of vaccination, previous infection, or lack of symptoms:

- ▶ **Stay home for at least 5 days.**
- ▶ Isolation can end after day 5 and person may return to school/work on day 6 if:
 - ▶ Symptoms are not present or are resolving; **and**
 - ▶ a test* collected on day 5 or later is negative.
- ▶ If **unable to test** or **choosing not to test**, and no symptoms, isolation can end after day 10.
- ▶ If fever is present, isolation should be continued until fever resolves for at least 24 hours without use of fever-reducing medications.
- ▶ If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- ▶ For staff, **Cal/OSHA requires wearing a well-fitting mask** around others for a total of 10 days, especially in indoor settings. For students, a well-fitting mask is **strongly recommended**.

**Antigen test preferred. Home tests are now acceptable for students and staff, but must be documented on a CDPH-approved website.*

Section B: Exposed persons (regardless of vaccination status or where exposure occurred): **NO QUARANTINE** unless symptoms develop

*** School Exposures:** All persons who were in the same shared indoor space with a positive COVID-19 case are considered part of the exposed group, regardless of vaccination status, and should receive a notification of exposure.

- ▶ Exposed persons, regardless of vaccination status, should test at least once on day 3-5 after exposure **unless they were previously infected** with SARS-COV-2 within the last 90 days. Staff **MUST** test within 3-5 days after exposure.
- ▶ Exposed persons who were previously infected within the last 90 days do not need to be tested, quarantined, or excluded from work **unless symptoms develop**.
- ▶ Exposed persons who develop symptoms, should stay home and test. If unable to or choosing not to test, they must be excluded from school or work for 10 days.
- ▶ Exposed students **who participate in testing** may continue to take part in all school activities, including sports and other extracurricular activities, as long as they test negative and do not develop symptoms.
- ▶ Exposed students who remain in school and extracurricular activities are strongly recommended to wear a well-fitting mask in all public places for 10 days after exposure. Staff **MUST** wear a well-fitting mask at work for 10 days following exposure.

- ▶ Exposed persons who **show symptoms of COVID-19** should stay home until CDPH criteria is met:
 - ▶ At least 24 hours have passed since fever subsides (without fever-reducing medication);
 - ▶ Other symptoms have improved/subsided; and
 - ▶ Has a negative COVID-19 test or healthcare provider has confirmed an alternative diagnosis.

High-Risk Exposures: Certain exposures may be deemed higher risk for transmission, such as with an intimate partner, in a household with longer periods of exposure, or while performing unmasked activities with increased exertion and/or voice projection or during prolonged close face-face contact (e.g., during contact sports like wrestling, during indoor group singing, during crowded events where cheering occurs like games, concerts or rallies, particularly if indoors). In such cases, **exposed persons should be extra vigilant** in undertaking recommended mitigation measures. See link below for details.

- ▶ **Any person who tests positive** should isolate at home and follow the guidelines of **Section A above**.