

Table 1: Isolation

Persons Who Test Positive for COVID-19

<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<p>Stay home (PDF) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).</p> <p>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.**</p> <p>If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.</p> <p>If fever is present, isolation should be continued until 24 hours after fever resolves.</p> <p>If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.</p> <p>Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).</p> <p>Report positive school cases to the Public Health Department.</p> <p>*Antigen test preferred.</p>
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Table 2: Quarantine for Close Contacts*

Asymptomatic Persons Who are Exposed to Someone with COVID-19

<p>Students, regardless of vaccination status.</p>	<p>No quarantine. Follow group notification procedures. Recommend testing 3-5 days after last exposure (unless student has had confirmed COVID-19 within the last 90 days). If symptoms develop, test immediately and stay home (if test result is positive follow isolation recommendations in Table 1)</p>
<p>Staff, fully vaccinated & up-to-date or vaccinated and booster-eligible</p>	<p>No quarantine, recommend testing 3-5 days after last exposure. Staff close contacts will 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. If symptoms develop, test and stay home (if test result is positive follow isolation recommendations in Table 1)</p>
<p>Staff, unvaccinated but has had confirmed SARSS-CoV-2 within the prior 90 days</p>	<p>No quarantine, recommend testing 3-5 days after last exposure. Staff close contacts will 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. If symptoms develop, test and stay home (if test result is positive follow isolation recommendations in Table 1)</p>
<p>Staff, unvaccinated</p>	<p>Exclude from work for at least 5 days, after last exposure.</p> <p>Work exclusion can end after Day 5 if symptoms are not present and a diagnostic specimen collected on Day 5 or later tests negative.**</p> <p>If unable to test or choosing not to test, and symptoms are not present, work exclusion can end after day 10.</p> <p>Comply with CDPH masking guidance (i.e., universal masking and, in some cases, where surgical masks or higher filtration respirators may be required).</p> <p>Strongly encouraged to get vaccinated or boosted.</p> <p>If symptoms develop, stay home and test as soon as possible; AND If test result is positive, follow isolation recommendations above (Table 1).</p>

*Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a clinical diagnosis) infectious period.

**Per [CalOSHA guidance](#), employees cannot self-administer and self-read unless observed by the employer or an authorized telehealth proctor.

People are considered up-to-date if they are boosted or vaccinated, but not yet booster eligible. People are considered boosted if they have completed the original series of an mRNA vaccine (Pfizer or Moderna) or a single dose of the Johnson and Johnson vaccine and received an additional dose of any approved vaccine. People are considered vaccinated, but not yet booster-eligible if they have completed the original series of an mRNA vaccine (Pfizer or Moderna) within the previous five months or a single dose of the Johnson and Johnson vaccine within the previous two months. People are considered booster eligible if they have completed the original series of an mRNA vaccine (Pfizer or Moderna) more than five months previously or a single dose of the Johnson and Johnson more than two months previously.

Refer to [local](#) and [state](#) health orders for comprehensive definition list and additional information.

TERMS:

- **SYMPTOMS: High Risk** (need 1): fever/chills (100.4°F), difficulty breathing, loss of taste or smell, new or worsening cough. **Lower Risk** (need 2): sore throat, congestion/runny nose, headache, body aches, nausea/vomiting/diarrhea. If only one low risk symptom, follow school illness policy.
- **DATE OF LAST EXPOSURE:** Date that the close contact was last in contact with the case.
- **EPISODE DATE or DAY 0:** Date of symptom onset. If asymptomatic, date test was taken.
- **INFECTIOUS WINDOW START DATE:** 2 days before Episode Date. Infectious window start date to the date the case was last on campus/worksite is the timeframe to identify close contacts.
- **QUARANTINE:** Applies to close contacts and begins the day of last exposure to a case. Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **ISOLATION:** Applies to positive COVID-19 cases and begins on symptom onset date or date of test if asymptomatic. Separates sick people with a contagious disease from people who are not sick.

LINKS:

- CDPH Schools Hub: <https://schools.covid19.ca.gov/>
- School Guidance FAQ: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Schools-FAQ.aspx>
- CDPH Face Covering FAQ: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>

TESTING RESOURCES

- It is recommended to test at least 3-5 days after last exposure from a positive COVID-19 case or immediately if symptoms develop.
- Free State COVID-19 Testing Site at the Mother Lode Fairgrounds: <https://lhi.care/covidtesting>
- County Office of Education testing support contact: asmith@tcsos.us
- Collection of test specimens may occur in schools, healthcare settings, or other locations supervised by school or healthcare personnel. Specimens may be processed at point-of-care or in a laboratory.