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 individual has been fever-free for 24 hours. (A negative test is no longer required.)
- 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.
- Students must wear a well-fitting mask for 10 days from Day 0, unless they take two consecutive antigen tests after day 5, 24 hours apart, and both are negative. For staff, Cal/OSHA requires wearing a well-fitting mask around others for a total of 10 days, especially in indoor settings.

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

**School Exposures:** Schools are no longer required to notify persons who were in the same shared space as a positive case. Rather, schools are encouraged to provide a general notification to the entire school during times of elevated community transmission (as defined/tracked at [https://covid.cdc.gov/covid-data-tracker/#county-view](https://covid.cdc.gov/covid-data-tracker/#county-view)).

- Exposed persons, regardless of vaccination status, should consider testing as soon as possible. If testing negative before day 3, retest at least once on day 3-5 after exposure unless they were previously infected with SARS-COV-2 within the last 30 days. Staff MUST test within 3-5 days after exposure.
- Exposed persons who were previously infected within the last 30 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 5 days and should mask through Day 10.
- 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.

CDPH quarantine/isolation guidance: [https://tinyurl.com/59sh8kwx](https://tinyurl.com/59sh8kwx)  
CDPH K-12 Guidance for 2022-23: [https://tinyurl.com/d7hvt353](https://tinyurl.com/d7hvt353)  
Definitions and details of High Risk Exposures: [https://tinyurl.com/ymbpna4v](https://tinyurl.com/ymbpna4v)