QUARANTINE GUIDANCE

County of San Diego: Health Officer Order - Quarantine

If you are <u>not</u> up-to-date with COVID-19 vaccination* without COVID-19 symptoms and had close contact with a COVID-19 patient:

- **Quarantine** for at least 5 days and up to 10 days after your last contact with a COVID-19 patient.
- You may end quarantine after 5 days if:
  - You do not have any symptoms **and**
  - A COVID-19 test (PCR or antigen) collected on day 5 or later is negative **and**
  - You self-monitor for COVID-19 symptoms through day 10.
- If you finish quarantine before day 10, wear a face covering (following CDPH face covering guidance) and maintain a distance of at least 6 feet from others to the maximum extent possible, through day 10.
- If you develop symptoms, isolate and contact your healthcare provider and/or local public health department.

If you <u>are</u> up-to-date with COVID-19 vaccination* without COVID-19 symptoms and had close contact with a COVID-19 patient:

- Wear a face covering (following CDPH face covering guidance) and maintain a distance of at least 6 feet from others to the maximum extent possible, through day 10.
- **You do not need to formally quarantine,** as long as you do not develop symptoms.
- A COVID-19 test (PCR or antigen) is required on day 5.
- If you develop symptoms or if the test is positive, isolate and contact your healthcare provider and/or local public health department and seek testing if you have not already.

*People are considered current and up-to-date ≥2 weeks after the second dose in a 2-dose series (Pfizer-or Moderna), or ≥2 weeks after they have received a single-dose vaccine (Johnson & Johnson).

However, if more than 6 months has passed since receiving the second dose in a 2-dose series (Pfizer or Moderna), or more than 2 months from a 1-dose series (J&J), a booster is required to be considered current and up-to-date.

ISOLATION GUIDANCE

County of San Diego: Health Officer Order - Isolation

Isolation is required if you meet one or more of the following, **regardless of vaccination status**:
- You test positive for COVID-19; OR
- You have signs and symptoms of COVID-19; OR
- A physician informed you that you are likely to have COVID-19

Symptomatic Person (with repeat testing)
- Isolate for at least 5 days after symptoms first appeared.
- Do not end isolation until at least 24 hours after last fever and until other symptoms have improved.
- You can end isolation if a repeat test (antigen or PCR) taken on day 5 or later is negative.
- After this period, wear a mask for 10 days after symptoms first appeared, following CDPH face covering guidance.

Symptomatic Person (without repeat testing)
- Isolate for at least 10 days after symptoms first appeared.
- Do not end isolation until at least 24 hours after last fever and until other symptoms have improved.

Asymptomatic Person (with repeat testing)
- Isolate for at least 5 days after your first positive test.
- You can end isolation if a repeat test (antigen or PCR) taken on day 5 or later is negative.
- Wear a mask for 10 days after your first positive test, following CDPH face covering guidance.

Asymptomatic Person (without repeat testing)
- Isolate for at least 10 days after your first positive test.