



COVID-19 Guidance

January 10, 2024

FOR THE GENERAL PUBLIC

The guidance does not apply to health care personnel or Emergency Medical Services. Please refer to your workplace guidance for more information.

Workplace Settings

In the workplace, employers must comply with [Cal/OSHA COVID-19 Non-Emergency Regulations](#) or [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#). These Standards should be referenced for additional workplace requirements.

Isolation – separates those infected with a contagious disease from people who are not infected

Persons who should isolate:	Recommended Actions
<ul style="list-style-type: none"> • Test positive for COVID-19 (PCR or antigen) 	<ol style="list-style-type: none"> 1. Stay home if you have COVID-19 symptoms, until you have not had a fever for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving. <ul style="list-style-type: none"> ○ If you do not have symptoms, you should follow the recommendations below to reduce exposure to others. 2. Mask when you are around other people indoors for the 10 days* after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date. 3. Avoid contact with people at higher-risk for severe COVID-19 for 10 days*. Higher-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness. 4. Seek Treatment. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive. You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start. <ul style="list-style-type: none"> ○ Call 1-833-422-4255 if you are unable to contact a healthcare provider, or use the treatment options to find one. <p>*The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).</p>

Close Contacts – shared the same indoor airspace of 400,000 or few cubic feet per floor for a total of 15 minutes or more over a 24-hour period or being within 6 feet of the infected person for 15 minutes or more over 24-hour period in a larger indoor space of 400,000 cubic feet per floor or greater

Close Contacts	Recommended Actions
<ul style="list-style-type: none"> • Are exposed to someone with COVID-19 • Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop 	<ul style="list-style-type: none"> • If you have new COVID-19 symptoms, you should test and mask right away. • If you do not have symptoms, and are at higher risk of severe COVID-19 infection and would benefit from treatment, you should test within 5 days. • If you do not have symptoms and have contact with people who are at higher risk for severe infection, you should mask indoors when around such people for 10 days. Consider testing within 5 days after the last exposure date (Day 0) and before contact with higher-risk people. For further details, see CDPH COVID-19 testing guidance.

FOR THOSE AT HIGH RISK

High Risk Persons– those who may experience [severe illness](#) if they become infected with COVID-19 or who may be more likely to transmit the virus to those who are at higher risk for severe COVID-19.

High risk persons:	Recommended Actions
<ul style="list-style-type: none"> • Age (older adults, especially those age 50 or older) • Underlying health conditions (ex. cancer, chronic kidney disease, chronic liver disease, chronic lung diseases, diabetes, heart conditions, immunocompromised or weakened immune system, neurological conditions, overweight/obesity, pregnancy) 	<p>Contacts with more potential to transmit the virus to others or to transmit to higher risk secondary contacts are recommended to take greater care in following the recommendations to limit spreading the virus to others during the 10 days following their exposure and may consider self-limiting their exposure to others and masking.</p> <p>All higher-risk close contacts should get tested at least once and are strongly recommended to follow the testing and mitigation measures outlined in this guidance.</p>

*Symptoms and **Self-Isolation and Self-Quarantine Recommendations provided below.

***Symptoms** of COVID-19 typically appear 2-14 days after exposure to the virus. Disease can range from mild to severe illness and may include, but not limited to, the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*Self-Isolation and Self-Quarantine Recommendations

- Stay at home except to get medical care.
- Separate yourself from other people in your home.
- Wear a mask over your nose and mouth in indoor settings, including at home if other people are present. Do not have any visitors.
- Stay away from people who are at high risk for severe disease, unvaccinated, or not have received booster doses if eligible.
- 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.
- Use a separate sleeping area. If a sleeping area is shared with someone who is sick, consider the following recommendations:
 - Make sure the room has good air flow.
 - Maintain at least 6 feet between beds if possible.
- Avoid using the same bathroom as others; if that is not possible, clean and disinfect touched surfaces after use.
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean or disinfect "high-touch" surfaces routinely (at least once daily).

Resources

- Isolation and Precautions for People with COVID-19 (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public (CDPH): <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Isolation-Guidance.aspx>
- Get the Most Out of Masking: Tips and Resources (CDPH): <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>