

# COVID-19 ISOLATION REQUIREMENTS

## Summary for the General Public

### Everyone With COVID-19 Must Isolate

Everyone<sup>±</sup> must isolate, regardless of vaccination status, previous infection, or lack of symptoms. Persons are considered to have COVID-19 if they have a positive viral test and/or their healthcare provider thinks they have COVID-19.

#### Stay home.



- Isolation can end after Day 5\* **ONLY** if all of the following criteria are met:
  1. A COVID-19 viral test\*\* collected on Day 5 or later is negative
  2. No fever for at least 24 hours without the use of fever reducing medicine
  3. Other symptoms are not present or are improving.--or--
- Isolation can end after Day 10 if both these criteria are met:
  1. No fever for at least 24 hours without the use of fever reducing medicine
  2. Other symptoms are not present or are improvingFor most people, if both of the above criteria are met, isolation can end after Day 10 even if follow-up COVID-19 viral tests are positive. However, people who have a condition that weakens their immune systems or who were severely ill with COVID-19 might need to stay home for longer.

*Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.*



#### Wear a well-fitting medical grade mask around others for a total of 10 days, especially in indoor settings.

- Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.
- See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.



#### Tell close contacts that they have been exposed

They need to follow instructions for close contacts at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).



#### Follow the full isolation instructions

Scan the QR code or visit [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

\*To count the days:

- People with symptoms, Day 0 is the first day of symptoms. Day 1 is the first full day after symptoms developed.
- If no symptoms develop, Day 0 is the day the positive test was taken. Day 1 is the first full day after the positive test was taken.

\*\*The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. Antigen tests are preferred.

±Healthcare personnel should follow Infection Prevention Guidance for Healthcare Personnel.

Los Angeles County Department of Public Health

[www.publichealth.lacounty.gov](https://www.publichealth.lacounty.gov)

Isolation and Quarantine Requirements Summary (English) 01.18.22v2



COUNTY OF LOS ANGELES  
**Public Health**

# COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

## Summary for the General Public

### Close Contacts Who Must Quarantine

Persons who are exposed to someone with COVID-19 must quarantine if they are not up to date with their vaccines. They are:

- Unvaccinated or have not completed a primary vaccine series (not fully vaccinated); OR
- Fully vaccinated and booster-eligible but have **not** yet received a booster dose

Students in grades TK-12 and some employees may be allowed to go to work or school - see below.

### Requirements



**Stay home** for at least 5 days after the last contact with a person who has COVID-19.

- **Test on Day 5.** In addition, consider testing immediately, especially if [at increased risk for severe illness](#) or live with someone who is. If test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation).
- Quarantine can end after Day 5 only if symptoms are not present, **and** a COVID-19 viral test collected on Day 5 or later is negative.
- If a test is not done on Day 5 or later, and symptoms are not present, quarantine can end after Day 10.



### Monitor health for 10 days.

If symptoms develop, test and stay home.

If test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation).



### Wear a well-fitting medical grade mask around others for a total of 10 days,

after the last exposure, especially in indoor settings; children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

See [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks) for more information.



### Follow the full instructions for close contacts

Scan the QR code or visit [ph.lacounty.gov/covidquarantine](http://ph.lacounty.gov/covidquarantine).

Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the last exposure.

Students in grades TK-12 who do not have symptoms may attend school during their quarantine period if they are fully vaccinated (and not boosted) or qualify for a modified quarantine that may be offered by their school. They must quarantine at home when they are not at school.

Employees<sup>±</sup> who are fully vaccinated and booster-eligible but have not yet received their booster dose who do not have symptoms may be allowed by their employer to continue to go to work on the condition that they:

- Get a viral test 3-5 days after their last exposure to the infected person and the result is negative; and
- Wear a well-fitting medical-grade mask (ideally an N95/KN95) around others indoors and outdoors for a total of 10 days and do not eat or drink around others; and
- Continue to have no symptoms; and
- Quarantine at home when they are not at work.

<sup>±</sup>Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

# COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

## Summary for the General Public

### Close Contacts Who Do Not Need to Quarantine

Persons who are exposed to someone with COVID-19 do not need to quarantine (are exempt) if:

- They have no symptoms **AND**
  - Are up to date on all COVID-19 vaccines (Up to date means fully vaccinated + boosted or fully vaccinated but not yet booster-eligible), **OR**
  - Tested positive using a viral test for COVID-19 within the last 90 days and recovered\*

\* The test must be an [FDA authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Recovered means you completed the isolation period for your COVID-19 infection.

### Required Actions



#### Monitor your health for 10 days.

If symptoms develop, stay home and test.

If test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

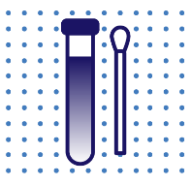


#### Wear a well-fitting medical grade mask around others for a total of 10 days, especially in indoor settings

Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.

### Recommended Actions



**Get tested.** Consider testing right away, especially if [at increased risk for severe illness](#) or live with someone who is. If negative, consider testing again on Day 5.

(COVID-19 testing is not recommended for persons who tested positive for COVID-19 in the past 90 days unless symptoms develop.)

If test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).



#### Follow the full instructions for close contacts

Scan the QR code or visit [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).

Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the last exposure.