Instructions for Isolation and Quarantine

If you have tested positive or been exposed to COVID-19, there are important steps you can take to protect yourself and others.

What are isolation and quarantine?

Isolation is when you stay home and away from others, even in your household. Isolation is for people who are sick or who test positive for COVID-19.

Quarantine is when you stay home and away from others if you have been exposed to someone who has COVID-19 in case you also get the infection. It is good to quarantine if you are more likely to get sick and spread the virus to others, or if you might be near someone who could get really sick if they got COVID-19.

When should I isolate?

If you test positive or have symptoms of COVID-19, you should stay away from others, even at home and even if you have been vaccinated. Isolate for at least 5 full days after your symptoms start, or after your first positive test date if you don't have symptoms.

Ending isolation: You can end isolation after 5 days if you test negative (use an antigen test) on Day 5 or later – as long as you do not have a fever and your symptoms are getting better. If you still test positive on or after Day 5 or if you don't test, isolate for 10 full days, and until you don't have a fever. It is strongly recommended that you wear a well-fitting mask around others – especially when indoors – for 10 days, even if you stop isolating earlier.

How should I isolate?

Stay home except to get medical care, and avoid being in the same room as other people, especially those more likely to get sick:

- Are over age 65; are pregnant, are severely overweight; have a chronic disease (like cancer, diabetes, heart/lung disease); have a weak immune system

If you must be in a shared space, open windows, if safe, to increase air flow, or use air cleaners and exhaust fans. Have everyone wear a well-fitting mask.

When should I quarantine?

If you have been exposed to someone with COVID-19, even if you are vaccinated, test 3-5 days after your exposure. Isolate if you test positive. If you had COVID-19 in the last 90 days, only test if you have new symptoms, using an antigen test. Unless you develop symptoms during the 10 days after you were exposed, you do not need to quarantine. If you live or work in a high-risk setting, like a nursing home or a shelter, you may be required to quarantine. People with high-risk exposures, like having someone in your home test positive, should be extra careful.

For full directions on how to isolate and quarantine, visit cdph.ca.gov.

Isolate when you test positive for COVID-19, to protect others.

Day 1 is the day *after* symptoms start (or *after* the day of your first positive test if you don't have symptoms).

Count from Day 1 and **test** on Day 5 (or later).

Call 911 if you start to have emergency warning signs, including difficulty breathing; pressure or pain in your chest; bluish or grayish lips, face or nails; confusion or difficulty waking; or other serious symptoms.

Scan the QR code to see the interactive links on this flyer.

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