

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH  
**Isolation and Quarantine Recommendations  
 for the General Public**

This table summarizes CDPH quarantine and isolation recommendations for the general public, outside of high-risk settings, as of April 25, 2022. Find more information and updates on the CDPH website at [www.cdph.ca.gov](http://www.cdph.ca.gov).

CLOSE CONTACT/EXPOSURE	RECOMMENDED ACTIONS
<p><b>All asymptomatic individuals who are exposed to COVID-19, regardless of vaccination status</b></p> <p><i>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</i></p>	<ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease.</li> <li>• Strongly encouraged to get vaccinated or boosted.</li> <li>• If symptoms develop, test and stay home (see below section on symptomatic persons), AND</li> <li>• If test result is positive, follow below isolation recommendations.</li> </ul>
COVID-19 SYMPTOMS	RECOMMENDED ACTIONS
<p><b>All persons with COVID-19 symptoms, regardless of vaccination status or previous infection</b></p>	<ul style="list-style-type: none"> <li>• Self-isolate and test as soon as possible to determine infection status. Knowing one is infected early during self-isolation enables earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.</li> <li>• For symptomatic persons who have tested positive within the previous 90 days, using an antigen test is preferred.</li> <li>• Remain in isolation while waiting for testing results. If not tested, they should continue isolating for 10 days after the day of symptom onset, and if they cannot isolate, should wear a well-fitting mask for 10 days.</li> <li>• Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.</li> <li>• Continue to self-isolate if test result is positive, follow recommended actions below, and contact their healthcare provider about available treatments if symptoms are severe or they are at high risk for serious disease or if they have any questions concerning their care.</li> </ul>
POSITIVE TEST	RECOMMENDED ACTIONS
<p><b>Individuals who test positive for COVID-19, regardless of vaccination status, previous infection, or lack of symptoms</b></p>	<ul style="list-style-type: none"> <li>• Stay home (PDF) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).</li> <li>• Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on Day 5 or later tests negative.</li> <li>• If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.</li> <li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>• If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.</li> <li>• Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).</li> </ul>