



TULARE COUNTY
HEALTH & HUMAN SERVICES AGENCY

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January 5, 2022

Isolation and Quarantine Public Guidance

The following updates reflect an alignment with recent [California Department of Public Health \(CDPH\) community guidance for isolation and quarantine](#) updated December 27, 2021. This is based off the most recent data regarding the transmissibility of the Omicron variant and the importance of [timely booster vaccines](#).

This guidance does not apply to persons who reside or work in settings with setting-specific guidance such as health care, congregate settings, or corrections. [CDPH K-12 schools guidance](#) and modified quarantine standards remain in effect for K-12 students at this time. Please note that employers may also have certain requirements as per CalOSHA regulations and/or workplace policy.

Isolation: for persons who test positive for COVID-19 with any kind of test, including home tests, or have symptoms of COVID-19 and have been unable to test. Persons who meet this criteria are considered contagious, and isolation is indicated regardless of vaccination status, whether symptoms are present, or with a history of infection within prior 90 days.

- a. Stay home away from others in isolation for 5 days minimum. Standard isolation is 10 days, but isolation may end after 5 days (returning to normal activities on day 6) if persons:
 - ✓ Have a negative rapid antigen test on/after day 5 and;
 - ✓ Have no fever, and other symptoms have improved and;
 - ✓ Continue to wear a well-fitted mask around others for 5 more days (to complete 10 days)

Travel should be avoided through 10 days. If all criteria are not met or not able to be met, standard isolation applies. See notes below.

- Note on symptoms: *If persons still have a fever or test positive on day 5, isolation should continue at least through 10 days and until fever is resolved. If other symptoms are not improving, persons should remain in isolation at least through 10 days and call their doctor.*
- Note on tests: *Rapid antigen tests are the preferred test to end isolation after day 5; this test may be done at a doctor's office or with an OTC home test kit, though some employers may require observation of OTC tests. Without a negative test on/after day 5, persons should remain in isolation at least through 10 days.*
- Note on masking: *Avoid activities where masks cannot be worn (i.e., eating around others, going out to restaurants, etc.) until after 10 days. Well-fitted masks are ideally surgical masks or higher-level respirator such as KN95 or N95. It is important they cover the nose and mouth and fit snugly on the face. The mask condition of this guidance remains in effect regardless of the indoor state masking mandate due to expire 2/15/2022.*

Quarantine: for persons who are exposed to COVID-19. Testing is advised for all persons exposed to COVID-19, whereas quarantine guidance is dependent on their vaccination status. Definitions and timelines for determining "up-to-date" and "not up-to-date" vaccination are in the attached table. Given the high rates of reinfection with the Omicron variant, a history of recent infection is no longer taken into account for determining quarantine.

- a. **Exposed person's COVID-19 vaccination is up-to-date:** Home quarantine is not required if person has no symptoms. However, persons should still:
 - ✓ Continue to monitor for symptoms and;
 - ✓ Get tested on day 5 and;
 - ✓ Continue to wear a well-fitted mask around others for 10 days and;
 - ✓ Stay home and get tested ASAP if symptoms develop at any time
- b. **Exposed person's COVID-19 vaccination is not up-to-date:** Quarantine at home away from others. Home quarantine without testing is 10 days (clear on day 11 if no symptoms); however, home quarantine may be discontinued after 5 days minimum (returning to normal activities on day 6) if persons:



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- ✓ Have a negative test on/after day 5 and;
- ✓ Do not have any symptoms and;
- ✓ Continue to wear a well-fitted mask around others for 10 days and;
- ✓ Stay home and get tested ASAP if symptoms develop at any time

Travel should be avoided through 10 days. If all criteria are not met or not able to be met, standard quarantine applies. See notes below.

- Note on tests: *All viral diagnostic tests (PCR, NAAT, antigen), including rapid tests, are OK. They may be done at a clinic or with an OTC home test kit, though some employers may require observation of OTC tests. Rapid tests are preferred if a history of COVID-19 within 90 days exists.*
- Note on masking: *Avoid activities where masks cannot be worn (i.e., eating around others, going out to restaurants, etc.) until after 10 days. Well-fitted masks are ideally surgical masks or higher-level respirators such as KN95 or N95. It is important they cover the nose and mouth and fit snugly on the face. The mask condition of this guidance remains in effect regardless of the indoor state masking mandate due to expire 2/15/2022.*

Table: Determining When to Isolate or Quarantine

COVID-19 Vaccination Status	Isolation If tested positive for COVID-19	Quarantine If exposed to COVID-19
Up to date Received a booster vaccine or Fully vaccinated and booster not yet available (5-11 yo only) or Recently fully vaccinated, so not yet eligible for a booster vaccine <ul style="list-style-type: none"> - If last Pfizer-BioNTech vaccine was ≤ 5 mo ago - If last Moderna vaccine was ≤ 6 mo ago - If J&J was ≤ 2 mo ago 	Considered contagious: Stay at home (away from others) for at least 5 days minimum. May discontinue isolation after 5 days (on day 6) if: <ul style="list-style-type: none"> ✓ Negative rapid test on/after day 5 <u>and</u>; ✓ No fever, and other symptoms have improved <u>and</u>; ✓ Continue to wear a well-fitted mask around others for 5 more days (to complete 10 days) *If person still has a fever or tests positive on day 5, stay home at least 10 days <u>and</u> until fever resolves. Without a test, standard isolation is 10 days.	Not as likely to get infection: Home quarantine is not required if you have no symptoms. Persons should: <ul style="list-style-type: none"> ✓ Monitor for symptoms ✓ Get tested on day 5 ✓ Continue to wear a well-fitted mask around others for 10 days ✓ Stay home and get tested ASAP if any symptoms develop at any time
Not up to date Unvaccinated (no vaccines) or Not yet fully vaccinated (some vaccines or <2 wks since last vaccine) or Fully vaccinated BUT is eligible for a booster vaccine and has not received it <ul style="list-style-type: none"> - If last Pfizer-BioNTech vaccine was ≥ 5 mo ago - If last Moderna vaccine was ≥ 6 mo ago - If J&J was ≥ 2 mo ago 	Considered contagious: Stay at home (away from others) for at least 5 days minimum. May discontinue isolation after 5 days (on day 6) if: <ul style="list-style-type: none"> ✓ Negative rapid test on/after day 5 <u>and</u>; ✓ No fever, and other symptoms have improved <u>and</u>; ✓ Continue to wear a well-fitted mask around others for 5 more days (to complete 10 days) *If person still has a fever or tests positive on day 5, stay home at least 10 days <u>and</u> until fever resolves. Without a test, standard isolation is 10 days.	Much more likely to get infection: Home quarantine (away from others) for at least 5 days. May discontinue quarantine after 5 days (on day 6) if: <ul style="list-style-type: none"> ✓ Negative test on/after day 5 <u>and</u>; ✓ Continue to wear a well-fitted mask for 5 more days (to complete 10 days) <u>and</u>; ✓ Stay home and get tested ASAP if any symptoms develop at any time
<i>Note: Given the high rates of reinfection with the Omicron variant, the 90-day "grace period" after documented COVID-19 infection no longer applies for exposure risk assessments. However, antigen testing may be preferred for these persons.</i>		