

Updated Sacramento County COVID-19 Isolation & Quarantine Guidance for the General Public (Schools or Healthcare personnel have separate guidance) January 5, 2022

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

Quarantine: restricts the movement of persons who were exposed to a contagious disease in case they become infected.

Isolation and quarantine are proven public health interventions fundamental to reducing COVID-19 transmission.

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p>	<ul style="list-style-type: none"> Stay home for at least 5 days. 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. If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should be continued until fever resolves. If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) <p>*Antigen test preferred.</p>

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> Unvaccinated**; OR Vaccinated and booster-eligible** but have not yet received their booster dose. <p>**Includes persons previously infected with SARS-CoV-2, including within the last 90 days. (See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> Stay home for at least 5 days, after your last contact with a person who has COVID-19. Test on day 5. Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) If testing positive, follow isolation recommendations above. If symptoms develop, test, and stay home.

Symptoms: COVID-19 have had a wide range of symptoms reported. May appear 2-14 days after exposure to the virus. The list does not include all possible symptoms; however, people with these symptoms may have COVID-19.

- 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

Diagnostic Testing

An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable. Over-the-counter self-tests are purchased without a prescription and specimens are collected and completely processed by an individual anywhere outside of a healthcare or lab setting without the supervision of a trained professional. Any individual can use self-tests as long as they are conducted in a manner consistent with the manufacturer's instructions. Parents may be required to supervise collection of specimens for their children. Self-tests can be used regardless of vaccination status and are just as effective in people that are vaccinated as in those that are not vaccinated. Steps for Isolation and Quarantine at Home

- Stay at home except to get medical care.
- Separate yourself from other people in your home. Do not have any visitors.
- Wear a mask over your nose and mouth in indoor settings, including at home, especially if immuno-compromised or around those who are immunocompromised, unvaccinated, or at risk for severe disease.
- 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.
- Avoid using the same bathroom as others; if not possible, clean and disinfect after use.
- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds, or if you cannot wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean or disinfect "high-touch" surfaces.
- Monitor your symptoms.
- If you have symptoms or are sick, you should stay away from others even if they have some protection by having been previously infected in the past 3 months or by being fully vaccinated.

Resources: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>