Summary of CDPH & Cal/OSHA Guidance on Isolation and Quarantine

CDPH Guidance on Isolation and Quarantine (schools.covid19.ca.gov)
Cal/OSHA Emergency Temporary Standards FAQ (dir.ca.gov/coronavirus/covid19faqs.html)

NOTE: For all of the circumstances outlined below, continued mask wearing and notification to Human Resources and your Supervisor are required.

If you test positive for COVID-19 (ISOLATION):
Requirements for all regardless of vaccination status:
- Excluded from the workplace for 5 days (start counting at symptom onset or test date if asymptomatic).
- Isolation can end and employees may return to the workplace after day 5 if symptoms are not present or are resolving (fever free for 24 hours), and a COVID-19 test collected on day 5 or later tests negative.
- If an employee is unable or chooses not to test, and their symptoms are not present or are resolving, isolation can end and the employee may return to the workplace after day 10.

If you have a close contact (within 6ft for >15 minutes) with someone who is positive for COVID-19 (QUARANTINE):
All close contacts should get tested as soon as possible. Quarantine requirements depend on vaccination status:

And You are Boosted OR Vaccinated, but not yet booster-eligible.
- Employees do not need to quarantine if they test on day 5 with a negative result (you CAN continue to work in-person).
- If employees test positive, they must follow isolation recommendations above.
- If employees develop symptoms, they must be excluded pending the results of a test.

And you are Unvaccinated OR Vaccinated and booster-eligible, but have not yet received booster dose.
- Employees must be excluded from the workplace for at least 5 days after their last close contact with a person who has COVID-19 (you do NOT come to work in-person).
- Exposed employees must test on day 5.
- Quarantine can end and exposed employees may return to the workplace after day 5 if symptoms are not present and a COVID test collected on day 5 or later tests negative.
- If an employee is unable or chooses not to test and does not have symptoms, quarantine can end and the employee may return to the workplace after day 10.
- If an exposed employee tests positive for COVID-19, they must follow the isolation requirements above.
- If an exposed employee develops symptoms, they must be excluded pending the results of a test.

If you have symptoms of COVID-19 – With or Without Close Contact:
Requirements for all regardless of vaccination status:
- Employees exhibiting symptoms of COVID-19 must stay home and get tested for COVID-19.
- Positive or no test: Stay home and follow Isolation guidance above.
- Negative test or alternate diagnosis (with no previous positive test): May return to the workplace if fever-free (without using fever-reducing medication) for at least the previous 24 hours AND other symptoms improving.

Resources
What are the COVID-19 Symptoms? (cdc.gov/coronavirus/2019-ncov)
What to do if you have to isolate or quarantine? (cdc.gov/coronavirus/2019-ncov)
What mask option is best? (cdph.ca.gov)