



# COVID-19 ISOLATION REQUIREMENTS

## Summary for the General Public

### Everyone With COVID-19 Must Isolate

Everyone<sup>±</sup> must isolate, regardless of vaccination status, previous infection, or lack of symptoms. A person is considered to have COVID-19 if they have a positive viral test and/or their healthcare provider thinks they have COVID-19.

#### Stay home



- Isolation can end after Day 5\* ONLY if all of the following criteria are met:
  - A COVID-19 viral test\*\* collected on Day 5 or later is negative
  - No fever for at least 24 hours without the use of fever reducing medicine
  - Other symptoms are not present or are improving.

--or--

- Isolation can end after Day 10 if both these criteria are met:
  - No fever for at least 24 hours without the use of fever reducing medicine
  - Other symptoms are not present or are improving

For most people, if both of the above criteria are met, isolation can end after Day 10 even if follow-up COVID-19 viral tests are positive. However, people who have a condition that weakens their immune systems or who were severely ill with COVID-19 might need to stay home for longer.

*Note: Employers may require their employees/contractors to be excluded from work for the full 10 days of isolation. Employees should discuss return to work with their employer. See [Return to Work \(Non-Healthcare\) Summary Table](#).*



#### Wear a highly protective mask indoors and outdoors around others for a total of 10 days

The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth mask of multiple layers of non-woven material with a nose-wire. Cloth masks meeting ASTM standards for high filtration efficiency (ASTM F3502-Level 2) are allowed. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.



#### Tell close contacts that they have been exposed

They need to follow instructions for close contacts at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).



#### Follow the full isolation instructions

Scan the QR code or visit [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

\*To count isolation days:

- For people with symptoms, Day 0 is the first day of symptoms. Day 1 is the first full day after symptoms developed.
- For people with no symptoms, Day 0 is the day the positive test was taken. Day 1 is the first full day after the positive test was taken.

\*\*The test must be an [FDA authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Antigen tests are preferred. Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).

<sup>±</sup> Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

# COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

## Summary for the General Public

### Close Contacts Who Must Quarantine

Persons who are exposed to someone with COVID-19 must quarantine if they are not up to date with their vaccines. This includes those who are:

- Unvaccinated or have not completed a primary vaccine series (not fully vaccinated); OR
- Fully vaccinated and booster-eligible but have **not** yet received a booster dose

Students in grades TK-12 and some employees may be allowed to go to work or school - see below.

### Requirements



#### Stay home

- Quarantine can end after Day 5\* only if symptoms are not present, **and** a COVID-19 viral test\*\* collected on Day 5 or later is negative.
- If a test is not done on Day 5 or later, and symptoms are not present, quarantine can end after Day 10.



#### Monitor health for 10 days

If symptoms develop, test\*\* and stay home.

If test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).



#### Wear a highly protective mask indoors and outdoors around others for a total of 10 days

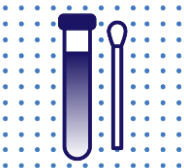
The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth mask of multiple layers of non-woven material with a nose-wire. Cloth masks meeting ASTM standards for high filtration efficiency (ASTM F3502-Level 2) are allowed. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.



#### Follow the full instructions for close contacts

Scan the QR code or visit [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).

### Recommendations



#### Get tested on Day 5\*\* if possible.

If you or someone you live with is [at increased risk for severe illness](#), consider getting tested right away. If negative, test again on Day 5, if possible.

If test positive at any time, follow isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

\* To count quarantine days:

- Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the exposure.

\*\* The test should be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. (Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).)

Students in grades TK-12 who do not have symptoms may be permitted to attend in-person school and participate in other school related activities during their quarantine period. They must quarantine at home at all other times. Contact the school to learn more.

Employees ± who are fully vaccinated and booster-eligible but have not yet received their booster dose who do not have symptoms may be allowed by their employer to continue to go to work if they meet certain criteria. See [Return to Work \(Non-Healthcare\) Summary Table](#). They must quarantine at home when not at work.

± Healthcare personnel should follow [Infection Prevention Guidance for Healthcare Personnel](#).

Los Angeles County Department of Public Health

[www.publichealth.lacounty.gov](https://www.publichealth.lacounty.gov)

Isolation and Quarantine Requirements Summary (English) 2.1.22



COUNTY OF LOS ANGELES  
**Public Health**

# COVID-19 QUARANTINE REQUIREMENTS AND RECOMMENDATIONS

## Summary for the General Public

### Close Contacts Who Do Not Need to Quarantine

Persons who are exposed to someone with COVID-19 do not need to quarantine (are exempt) if:

- They have no symptoms **AND**
  - Are up to date on all COVID-19 vaccines (up to date means fully vaccinated + received a booster dose or fully vaccinated but not yet booster-eligible), **OR**
  - Tested positive using a viral test for COVID-19 within the last 90 days and recovered.

Note: The test must be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Recovered means you completed the isolation period for your COVID-19 infection.

### Requirements



#### Monitor your health for 10 days\*

If symptoms develop, stay home and test.\*\*

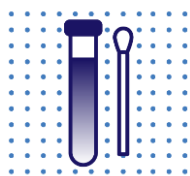
If test is positive, follow isolation instructions at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).



#### Wear a highly protective mask indoors and outdoors around others for a total of 10 days

The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth mask of multiple layers of non-woven material with a nose-wire. Cloth masks meeting ASTM standards for high filtration efficiency (ASTM F3502-Level 2) are allowed. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.

### Recommendations



#### Get tested on Day 5\*\* if possible.

If you or someone you live with is [at increased risk for severe illness](#), consider getting tested right away. If negative, test again on Day 5, if possible.

If test is positive, follow isolation instructions at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation). (COVID-19 testing is not recommended for persons who tested positive for COVID-19 in the past 90 days unless symptoms develop.)



#### Follow the full instructions for close contacts

Scan the QR code or visit [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).

\* To count quarantine days:

- Day 0 is the day of last contact (exposure) with the infected person. Day 1 is the first full day after the exposure.

\*\* The test should be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. (Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with the employer and see [Cal-OSHA Testing FAQs](#).)