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)

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<tr>
<th>Recommended Action</th>
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| Everyone, regardless of vaccination status, previous infection, or lack of symptoms. | • 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).  

*Antigen test preferred.

### Persons Who are Exposed to Someone with COVID-19 (Quarantine)

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<th>Recommended Action</th>
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| Unvaccinated**; OR Vaccinated and booster-eligible** but have not yet received their booster dose. **Includes persons previously infected with SARS-CoV-2, including within the last 90 days. (See Appendix for definition of booster-eligible) | • 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 diagnosticspecimen 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.  

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January 5, 2022
**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](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx)