Why is self-quarantine important?

If you have been in close contact with someone with COVID-19, you could be infected and spread the disease, so you must stay home and apart from others (self-quarantine), even if you never feel sick.

How long should I self-quarantine?

If you have not had any symptoms, you may end quarantine after 10 days from your last contact with an infected person. You must still monitor yourself for symptoms for 14 days after contact, as well as follow precautions (including wearing a mask, washing hands, and staying at least 6 feet apart).

What if I have been vaccinated or had COVID-19 before?

If you previously tested positive for COVID-19 and had a new, recent contact with someone with COVID-19, you are not required to self-quarantine or get tested if **both** of the following statements are true:

- It has been less than 3 months since you started having symptoms for the previous infection (or since your positive test date if you did not have symptoms); AND
- You have not had any symptoms since your contact.

Unless **both** above statements are true, you need to self-quarantine and get tested.

If you were vaccinated in the past and had a new, recent contact with someone with COVID-19, you are not required to self-quarantine or get tested if **both** of the following statements are true:

- You were **fully vaccinated** (2 or more weeks had passed since you received the second dose of a 2-dose vaccine, or one dose of a single-dose vaccine); AND
- You have not had any symptoms since your contact.

Unless **both** above statements are true, you need to self-quarantine and get tested. See Exceptions box for for some employees and for residents in shared living settings.

Everyone who has had recent contact with someone with COVID-19 must watch for any symptoms for 14 days since the last contact date. You must also wear a mask and socially distance when you are outside of your household.

How do I self-quarantine?

- Stay home except to get medical care
- Do not have any visitors
- Stay at least 6 feet from other people, especially those more likely to get sick, such as seniors or people with chronic medical conditions
- Wear a mask when around others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch frequently
- If you must be in a shared space, open windows when possible

Exceptions: If you work in a healthcare setting, follow your employer's and health department's quarantine and testing guidelines.

Fully vaccinated residents in shared housing or employees in high-density workplaces may still need to get tested.

Should I get tested for COVID-19 during self-quarantine?

Yes, if you are required to self-quarantine, you should get tested, especially if you have symptoms of COVID-19. To find testing in your area, visit covid19.ca.gov/testing-and-treatment.

What should I do if I start to have symptoms?

Isolate yourself from others and contact your medical provider or public health department to get tested and to discuss your symptoms and treatment. Be sure to alert your health care provider if you are in a high-risk group.

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