

# Granada Hills Charter COVID Safety Plan



# COVID-19 Health and Safety Protocols

The health and safety of our students, staff and families is of the utmost importance. With the expiration of the COVID-19 emergency declarations at the local, state, and federal levels, Granada Hills Charter recognizes that we have entered a new phase of COVID-19. The school is committed to implementing health and safety protocols that ensure the health and safety of the GHC community while maintaining a full offering of on campus activities and experiences.

The GHC COVID-19 Health and Safety protocols align with the recommendations and requirements of the Los Angeles County Department of Public Health (LACDPH).

## Supplies & Protective Equipment

The following items are present and maintained at each campus:

- Messaging signs to reinforce social distancing and other safety practices
- Hand sanitizer at entry points, common areas and every classroom
- Best practices posters

The following items are available on each campus:

- Disposable three ply, medical grade mask - child
- Disposable three ply, medical grade mask - adult
- N95/KN95 masks for staff
- Hand sanitizer
- Disposable gloves for selected staff
- Gowns for selected staff
- Cleaning wipes

## Individual health screening, monitoring of symptoms, and testing for COVID-19

### Students

All students shall monitor for symptoms of COVID-19 and should stay home and contact the school nurse if they are experiencing symptoms. The screening questions are consistent with public health guidance (e.g. check-in concerning cough, shortness of breath, difficulty breathing, fever or chills, and contact with a person known to be infected with COVID-19 in the last 10 days), and are designed to indicate whether student or anyone in their household has symptoms that could indicate an exposure to or infection with COVID-19.

### Staff

GHC employees will be responsible for reviewing the following questions every day before entering a GHC campus. If the answer to any of the questions is "YES" they are not cleared to enter any school campus. If you are not sure whether you should report to work, please reach out to the nurse at your work location:

- Zelzah Campus - [nurse@ghctk12.com](mailto:nurse@ghctk12.com) or 818/360.2361 ext. 389
- Devonshire Campus - [tk8nurse@ghctk12.com](mailto:tk8nurse@ghctk12.com) or 818/360.2361 ext. 1006

1) Have you experienced any of the following symptoms in the past 48 hours?

- Fever at or above 100.4 degrees
- New cough
- Chills, sweating and/or repeated shaking or shivering
- Sore throat

- Mild or moderate difficulty breathing/shortness of breath for unknown reasons
- Vomiting or diarrhea
- Runny or congested nose
- Muscle aches or body aches
- Feeling unusually weak or fatigued
- Loss of taste or smell
- Headache

2) Have you tested positive for COVID-19 or been diagnosed with COVID-19 within the past five days?

GHC provides staff and students with FDA authorized at-home COVID-19 Rapid test kits. These test kits are provided to staff and students upon request prior to holiday breaks and to staff and students who are instructed to isolate due to COVID-19 or who have symptoms of COVID-19.

### **Facial coverings and use of personal protective equipment**

The wearing of a facial covering (masking) is strongly recommended but not required at all GHC campuses. All schools have surgical masks available for distribution upon request to any student or employee.

The use of a facial covering and other personal protective equipment is a personal decision and individuals shall respect others' decisions. The decision to wear or not wear a facial covering shall not prevent any individual from participating in any activity.

### **Isolation and quarantine requirements after testing positive for COVID-19**

Per the Los Angeles County Department of Public Health- (LACDPH) requirements, individuals who test positive for COVID-19 need to isolate themselves from others (stay home) for at least 5 days after the start of symptoms or after the date of their first positive test to keep from transmitting the virus to others. Isolation can end after Day 5, if:

- COVID-19 symptoms are not present or are mild and improving; and
- You have been fever-free for 24 hours (without the use of fever-reducing medications).
- LACDPH strongly recommends, but does not require, that infected residents have a negative test before leaving isolation between Day 6 and Day 10.

Individuals leaving isolation after Day 5 should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. Please note that although individuals leaving isolation between days 6 – 10 need to wear a mask, people leaving isolation do not need to wear a mask if they have two sequential negative tests taken one day apart.

### **COVID-19 Vaccination Requirements**

#### **Staff**

Pursuant to the “Granada Hills Charter COVID-19 Employee Vaccination Policy” approved by the GHC Governing Board on September 1, 2021 and in compliance with the Los Angeles Unified School District’s COVID-19 Employee Vaccination Requirements (adopted November 16, 2021 and attested to by the School on April 22, 2022), any GHC employee must be fully vaccinated against COVID-19. More information on this topic is available in LAUSD Board Report No. Rep-117-21/22. All GHC employees, workers, and volunteers must: (1) Provide the School with proof of full COVID-19 vaccination and (2) Follow the School’s COVID-19 testing requirements, regardless of COVID-19 vaccination status, effective October 15, 2021. No employee will be permitted on campus without proof of COVID-19 vaccination after October 15, 2021.

#### **Students**

Pursuant to the “Student COVID-19 Vaccination Policy,” all GHC students who are eligible to receive the COVID-19 vaccine, excluding those students with a qualified and approved exemption or conditional admission, must become fully vaccinated against COVID-19 as a mandatory precondition to accessing any GHC campus. This policy was approved by the GHC Governing Board on October 11, 2021 and remains in full effect for all GHC students ages 12 and older.

### **Granada Hills Charter Visitor Policy**

All visitors must follow current Los Angeles County Department of Public Health requirements for isolation and quarantine for COVID-19. Visitors who do not follow these requirements will not be permitted on campus.

All visitors must make an appointment with the appropriate office, possess a ticket to a scheduled event, or be approved by an administrator or designee, to enter campus.

All visitors, regardless of COVID-19 vaccination status, must adhere to all applicable COVID 19 health and safety protocols at all times when visiting any GHC campus, including the School’s current requirements regarding facial coverings.

Visitors who are meeting with Granada Hills Charter staff must sign in upon arriving to campus and shall provide their name, phone number, email address, and location of the visit.

Granada Hills Charter is required to adhere to the Los Angeles Unified School District’s COVID-19 Employee Vaccination Requirements (adopted November 16, 2021 and attested to by the School on April 22, 2022) that any adult visitor to any GHC campus who is providing services to or for the School (.e.g., vendors, LAUSD partners, contractors, et al.), must be fully vaccinated against COVID-19. More information on this topic is available in LAUSD Board Report No. Rep-117-21/22. GHC acknowledges that this requirement is subject to change by LAUSD, and that any modification the School makes to this policy will adhere to the current LAUSD requirement.

### **Cleaning and sanitizing protocols**

Prior to students and employees returning, the campus(es) will have been cleaned and disinfected. GHC will continue to follow all necessary safety precautions. In addition to the routine cleaning of all offices and classrooms, the cleaning steps outlined below will be followed on a regular basis:

**Cleaning** is the physical process of removing dirt, germs, viruses and bacteria, typically using soap and water. While cleaning does not necessarily kill germs, by removing them from surfaces and objects, including hands, the risk of spreading infection is reduced.

**Disinfecting** uses chemicals to kill germs. While disinfecting does not necessarily clean dirty surfaces or remove germs, it kills germs and can lower the risk of spreading infection.

**Sanitizing** is removing and lowering numbers of germs to a safe level, as judged by public health standards.

#### **Daily Cleaning and Disinfection of the following surfaces/areas:**

- Horizontal and high touch surfaces
- Door handles
- Handrails
- Restrooms
- Light switches
- Common areas
- Nutrition Services areas

#### **Daily Cleaning and Sanitizing of:**

- Classrooms
- Offices

- Hallways

## **Handwashing**

Handwashing is strongly encouraged as one of the most effective ways to prevent the spread of any biological pathogen, including COVID-19.

- Wash hands thoroughly with soap and water for at least 20 seconds.
- Thoroughly dry hands.

## **Drinking Stations**

- Students are encouraged to bring their own reusable water bottles or to use environmentally friendly alternatives to disposable water bottles.

## **Indoor Air Quality**

- Proper preventive maintenance is being performed on all heating and air conditioning units and is changing filters on a regular basis.
- The Center for Disease Control recommends increasing air filtration as high as possible (target MERV 13) without diminishing air flow and enforcing the existing or revised indoor air quality plan.
- All heating and air conditioning systems have been outfitted with MERV-13 (Minimum Efficiency Reporting Value) filters. These are the most efficient filters commonly available for institutional systems.

## **Attachments**

[1- LA County DPH Exposure Management Plan for K-12 Schools – \(as of 3/14/23\)](#)

[2 - LA County DPH Home Isolation Instructions – \(as of 3/30/23\)](#)

## Appendix T2: COVID-19 Exposure Management Plan Guidance in TK-12 Schools

**Note: This document is updated frequently.  
Please check the date on the webpage for the most recent version.**

**Recent Updates:** (Changes highlighted in yellow)

**3/14/2023**

- This update aligns with the new California Department of Public Health (CDPH) [Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public](#) that took effect on March 13, 2023.
- Updates also reflect the new [Los Angeles County Department of Public Health Guidelines for COVID-19 Cases \(Isolation\) and Close Contacts](#) that went into effect on March 13, 2023, replacing the now rescinded Los Angeles County Public Health Emergency Orders regarding isolation and quarantine for the general public.

A targeted public health response to contain COVID-19 exposures at a community-level can help maximize the impact of the Los Angeles County Department of Public Health's (DPH) COVID-19 response.

Primary and Secondary Schools serving students from Transitional Kindergarten through Grade 12 (TK-12 Schools) are trusted community partners that can help DPH improve the timeliness and impact of the Public Health response through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Immediate implementation of an EMP when a single case of COVID-19 is identified at a school can accelerate the ability to contain the spread of infection and prevent outbreaks from occurring.

The steps for managing exposures to COVID-19 cases at TK-12 Schools are described below. [The guidance](#) presented [is](#) specific to TK-12 instructional and non-instructional facilities serving TK-12 Schools. For the purposes of this plan, the word "School" applies to both TK-12 instructional and non-instructional facilities. Additional resources for TK-12 Schools can be located in the [TK-12 School COVID-19 Toolkit](#).

### Exposure Management Planning Prior to Identifying COVID-19 Cases at School

- Required:* A designated School COVID-19 Compliance Officer [who is responsible](#) for serving [as a liaison](#) to DPH for sharing site-level information to facilitate public health action.
- Required:* [Ensure compliance with applicable State COVID-19 testing plan requirements, e.g., SB-1479 and the Cal/OSHA COVID-19 Prevention Non-Emergency Regulations.](#)
- Required:* A plan to report [all school-associated clusters of 3 or more epidemiologically-linked COVID-19 cases within 1 business day of being notified of the third, or last, case in the cluster and](#) all known COVID-19 hospitalizations and/or deaths among students or staff to DPH by sending a notification to [ACDC-Education@ ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov).

### Exposure Management for COVID-19 Cases at School

❑ Students and staff with confirmed COVID-19 infection (cases) stay home and away from others (isolate) and follow all isolation instructions, regardless of their vaccination status, history of previous infection, or lack of symptoms. (Refer to Isolation Instructions for People with COVID-19 [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).)

- A confirmed COVID-19 case is a person who has received a positive result of the presence of SARS-CoV-2 virus as confirmed by a COVID-19 viral test or clinical diagnosis.

❑ Persons with symptoms of possible COVID-19 infection, regardless of vaccination status or previous infection, should isolate and test for COVID-19. Refer to DPH's [Learn about Symptoms and What to do if You are Sick](#).

❑ Students and staff with COVID-19 may end isolation after Day 5\* (i.e., between Day 6-10) if both of the following criteria are met\*\*:

- 1) No fever for at least 24 hours without the use of fever-reducing medicine, AND
- 2) Other symptoms are not present, or symptoms are mild and improving.

\*For symptomatic students and staff, Day 0 is the first day of symptoms; Day 1 is the first full day after symptoms develop. For students and staff who never develop symptoms, Day 0 is the day the first positive test was collected; Day 1 is the first full day after the positive test was collected. Please note that if they develop symptoms, their new Day 0 is the first day of symptoms.

\*\*It is **strongly recommended** that an individual test negative (with an antigen test) for COVID-19 prior to ending isolation between Day 6-10 to reduce the chance of infecting others with COVID-19.

- Persons who continue to have symptoms of COVID-19 that are not improving should continue to isolate until their symptoms are improving or until after Day 10.
- Persons who have left isolation and have a return or worsening of their COVID-19 symptoms need to re-test (with an antigen test). If they test positive, they should re-start isolation at Day 0.
- Should a student meet the criteria to leave isolation after Day 5, the student should continue to wear a well-fitting mask indoors around others, except when eating or drinking, through Day 10. The student may stop wearing their mask sooner (between Day 6-10) if they have two sequential negative COVID-19 tests taken at least one day apart.
- For staff requirements related to isolation, refer to [Cal/OSHA COVID-19 Prevention Non-Emergency Regulations](#). Employers must review and follow these regulations for the prevention and control of COVID-19 in the workplace setting. Additional information may be found in the [COVID-19 Prevention Non-Emergency Regulations FAQs](#) and DPH's [Responding to COVID-19 in the Workplace](#).

❑ The School Compliance Officer works to identify all persons in the school with an exposure to the confirmed COVID-19 cases during the case's infectious period (close contacts).

- The infectious period is:
  - *For symptomatic confirmed cases:* Persons who have tested positive on a COVID-19 viral test or received a clinical diagnosis of COVID-19 (i.e., a confirmed case) are considered infectious starting 2 days before their symptoms began (symptom onset is

Day 0) until their isolation ends (i.e., through Days 6-10 after symptoms first appeared AND 24 hours have passed with no fever, without the use of fever-reducing medicines, and symptoms have improved).

- *For asymptomatic confirmed case:* Persons who have tested positive on a COVID-19 viral test and never develop symptoms are infectious starting 2 days before their test was taken (test collection day is Day 0) until their isolation ends (after Day 5).

- Close Contact: Persons are considered to have been exposed to a COVID-19 case (close contact) during the case's infectious period if:

*In indoor airspaces that are 400,000 cubic feet or less per floor:* They shared the same indoor airspace at school with the infected person (case) for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period. This is the **preferred** definition to best mitigate additional transmission in school and is strongly recommended for identifying student close contacts in classrooms and similar sized indoor spaces. This shared indoor airspace definition must be used for identification of staff close contacts per Cal/OSHA [COVID-19 Prevention Non-Emergency Regulations](#).

Alternatively, schools may limit designation of student close contacts to students who were within 6 feet of the infected person for 15 minutes or more over a 24-hour period and may apply this definition in all settings, including classrooms.

*In indoor airspaces that are greater than 400,000 cubic feet per floor:* They were within 6 feet of the infected person (case) for a cumulative total of 15 minutes or more over a 24-hour period during the infected person's infectious period. This applies to both student and staff close contacts. NOTE: Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, break/eating areas separated by floor-to-ceiling walls) are considered distinct indoor airspaces.

NOTE: Persons with an outdoor exposure at school are not considered close contacts.

- *Required:* All close contacts to a COVID-19 positive case at school are notified by the School Compliance Officer of the exposure and provided with actions to take.

- Notification can be done using an individual notification or group notification method where individuals are notified of their exposure and actions to take. Refer to the sample exposure notification letter (posted on [ph.lacounty.gov/EducationToolkitTK12](http://ph.lacounty.gov/EducationToolkitTK12)) for the appropriate templates that can be adapted for this notification.
- If applying the within 6 feet of an infected person for 15 minutes or more over a 24-hour period definition for identifying student close contacts in indoor spaces that are 400,000 cubic feet or less (e.g. classrooms or similar size settings), all other students who shared in the same indoor airspace with the infected person for 15 minutes or more over a 24-hour period must be notified of a potential exposure and provided with recommended actions (outlined below) to take after an exposure.

#### Actions for close contacts

- Close contacts who have or develop symptoms of COVID-19 infection, regardless of vaccination status or previous infection, should stay home away from others and test for COVID-19.
- Asymptomatic close contacts do not need to stay home away from others but should take the following actions to lower the risk of spreading COVID-19 to others:

- 1) Wear a well-fitting mask around others through Day 10, especially in indoor settings.
  - Students who have a mask exemption\* and have been exposed should wear a face shield with drape at the bottom if their condition allows. For students who cannot tolerate a mask or a face shield with drape at the bottom, they should monitor their health for symptoms for 10 days after last exposure AND test for COVID-19 immediately after exposure and second time between Days 3-5 after the last date of exposure, with at least a day apart between the first and second tests.
- 2) Test for COVID-19 between Days 3-5 after the last date of exposure.
  - Close contacts who recently tested positive for COVID-19 within the prior 30 days do not need to be tested unless symptoms develop.
  - Close contacts who recently tested positive for COVID-19 in the past 31-90 days should use an antigen test.
  - Close contacts who are, or live with persons, at [higher risk for severe illness](#) are recommended to test as soon as possible after exposure. If testing negative before Day 3, retest during the 3–5 day window following exposure, with at least 24 hours between the first and second test.
  - Close contacts who test positive for COVID-19 stay home away from others and follow the instructions for a confirmed COVID-19 case. Refer to DPH's [Guidelines for COVID-19 Cases \(Isolation\) and Close Contacts](#).
- 3) Monitor their health for symptoms for 10 days after the last date of exposure. If symptoms develop, stay away from others and test immediately. If the test is positive, they stay home away from others and follow the instructions for a confirmed COVID-19 case.

Refer to Instructions for Close Contacts for COVID-19 ([ph.lacounty.gov/covidcontacts](https://ph.lacounty.gov/covidcontacts)) for details.

\*Individuals may be exempt from wearing a mask for the following reasons (refer to [Appendix T-1: COVID-19 Protocol for TK-12 Schools](#) for additional information): 1) persons younger than two years old; 2) persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication; and 3) persons with a medical condition, mental health condition, or disability or whose medical provider has determined that it is unsafe for them to wear a mask, may file for an exemption with their school. A certification from a state licensed health care provider attesting that the student has a condition or disability that precludes them from wearing a mask safely can be accepted as proof of exemption. The following licensed health care professionals may provide such attestations: Medical providers including physician (MD or DO), nurse practitioner (NP), or physician assistant (PA) practicing under the authority of a licensed physician; and licensed mental and behavioral health practitioners including Clinical Social Worker (LCSW), clinical psychologist (Psy.D. or Ph.D.), Professional Clinical Counselor (LPCC), or Marriage and Family Therapist (LMFT).

- Staff who are close contacts exposed at work must follow the guidance outlined in [Cal/OSHA COVID-19 Prevention Non-Emergency Regulations](#). Additional information can also be found in DPH's [Responding to COVID-19 in the Workplace](#).

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH  
ORDER OF THE HEALTH OFFICER



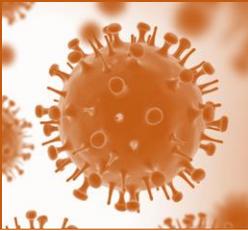
- Staff may request masks and respirators from their employer at no cost to staff. See [Wear a Mask and Know your Rights](#) for more information.
  - Employers must make COVID-19 testing available at no cost and during paid time in a manner that ensures employee confidentiality to staff who are close contacts. See [Cal/OSHA COVID-19 Prevention Non-Emergency Regulations Frequently Asked Questions-Testing](#).
- ☐ The School Compliance Officer must notify Public Health of all clusters of 3 or more cases of COVID-19 in a classroom, office, or other pre-defined or identifiable group (i.e., cohort, team/club, etc.) who were linked and on campus at any point within the 14 days prior to illness onset date (school-associated cases). Cases include employees, children/students, and visitors with confirmed COVID-19.
- ☐ All school-associated COVID-19 clusters should be reported online through the secure web application, the Shared Portal for Outbreak Tracking (SPOT): [https://spot.cdph.ca.gov/s/?language=en\\_US](https://spot.cdph.ca.gov/s/?language=en_US). For reporting multiple cases, schools can submit their reports using the “Bulk Upload Template” located within the SPOT Portal. All clusters with information for the cases should be reported to Public Health immediately, and no later than 1 business day of being notified of the third, or last, case in the cluster.
- Schools that need assistance on COVID-19 case reporting or other exposure management processes can call the TK-12 School COVID-19 Case Reporting Call Center, Monday through Friday from 8:00AM to 5:00PM. School administrators that do not have the Call Center number should contact [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov) for the number.
- ☐ The School Compliance Officer will work with Public Health as needed to confirm whether the cases within the reported cluster are epidemiologically linked, meaning that the affected individuals were present at some point in the same setting during the same time period while either or both were infectious.
- If epidemiological links exist, DPH will advise the school on important steps to take and communications to students and employees on precautions to take to prevent further spread at the school, including implementation of site- specific interventions for infection control. Schools should contact DPH for assistance in determining whether cases are epidemiologically linked by emailing [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov) or by calling the TK-12 School COVID-19 Case Reporting Call Center.
  - Public Health will determine if the outbreak criteria have been met at least 3 confirmed cases of COVID-19 within a 14-day period of each other in a specified group\* with members who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the campus.
    - If outbreak criteria are not met, DPH will advise the school to continue with routine exposure management.
    - If outbreak criteria are met and DPH recommends an outbreak response, DPH will notify the school that an outbreak investigation has been activated and a public health **outbreak** investigator will communicate directly with the school to coordinate the response.

\*Specified group include persons that share a common membership at school (e.g., classroom, school event, sport teams, other school extracurricular activities, school transportation, office site). Epidemiological links require the infected persons to have been present at some point in the same setting during the same time period while infectious.

- NOTE: For overnight camps, a “household cohort” means cabinmates (campers and staff) who are staying together in a cabin, bunkhouse, or similar space. Confirmed cases that are part of the same household cohort are not counted separately toward meeting outbreak criteria. Additional guidance regarding overnight camps is located in the [COVID-19 Protocol for Overnight Organized/Children’s Camps](#).

## APPENDIX A: Steps for Managing Exposures to COVID-19 Cases at School

1-2 Cases	<ol style="list-style-type: none"> <li>1) School provides cases with isolation guidance.</li> <li>2) School identifies and notifies school close contacts. Schools can call the TK-12 School COVID-19 Case Reporting Call Center for assistance with identification of close contacts and exposure management.</li> </ol>
3+ Cases	<ol style="list-style-type: none"> <li>1) School provides cases with isolation guidance.</li> <li>2) School identifies and notifies school contacts of exposures.</li> <li>3) <b>Required:</b> If there is a cluster of 3 or more cases in a classroom, office, or in a pre-defined group (i.e., cohort, team, or club, etc.) who were linked and on campus at any point within the 14 days prior to illness onset date, the school immediately notifies DPH by reporting online at: <a href="https://spot.cdph.ca.gov/s/?language=en_US">https://spot.cdph.ca.gov/s/?language=en_US</a> and no later than 1 business day of being notified of the third, or last, case in the cluster.</li> <li>4) DPH determines if the outbreak criteria have been met. If a DPH outbreak investigation is activated, a public health investigator will contact the school to coordinate the outbreak investigation.</li> </ol>



# COVID-19:

# Isolation Instructions for People with COVID-19

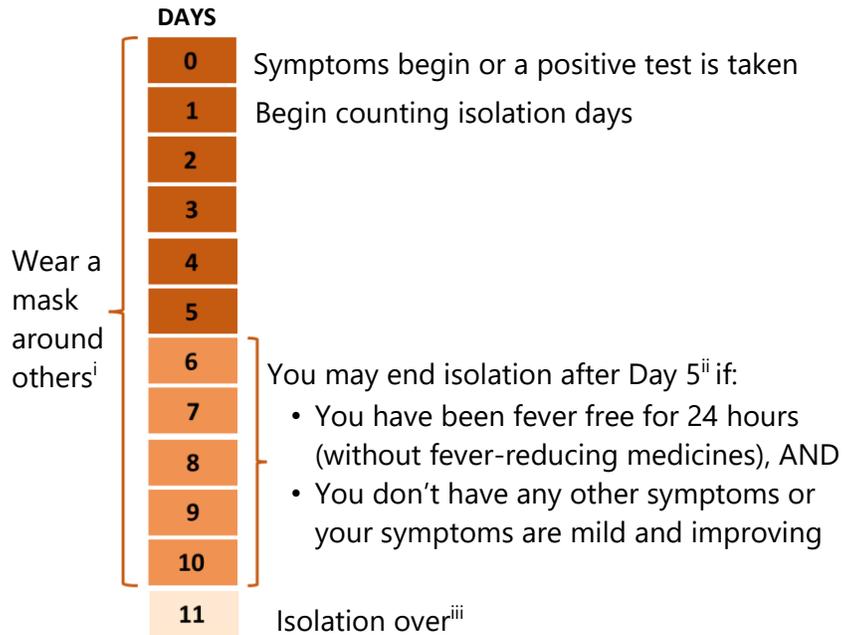
Please visit the English webpage at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation) for the most up to date information. To view the information in another language, click on "Translate" in the top left corner of the page and select the language.

## Summary

In Los Angeles County, if you have COVID-19:

- 1 **Isolate** (stay home away from others), and
- 2 **Wear a well-fitting mask through day 10**, and
- 3 **Tell your close contacts that they have been exposed** and should follow [instructions for close contacts](#)

You are considered to have COVID-19 if you have a positive test for COVID-19 or a healthcare provider tells you that you have COVID-19.



- i. If you meet the criteria to end isolation after Day 5, you may stop wearing a mask if you have two negative COVID-19 tests in a row that were taken at least a day apart.
- ii. LAC DPH *strongly recommends* that you get a negative test for COVID-19 before ending isolation between Day 6-10. If you do test, it is best to use antigen tests (including self-tests) to lower the risk of false positives.
- iii. If you still have a fever, stay in isolation until 24 hours after your fever resolves. If you are immunocompromised or had severe COVID-19, talk with your doctor about when you can be around others.

If you have questions, are experiencing homelessness, or are unable to safely isolate at home, call the Public Health COVID Information Line at 1-833-540-0473. Help is available daily from 8:00am to 8:30pm.

## Isolate: Stay home and away from others

**If you have COVID-19, you must stay home away from others for at least 5 days.** You must isolate even if you have no [symptoms](#) and/or if you have been vaccinated or infected in the past. Follow the [isolation instructions](#) below to protect others.

To count the days:

- Day 0 is the first day of symptoms.
- If you don't have symptoms, Day 0 is when your first positive test was collected. If you go on to get symptoms, restart with Day 0 as the first day of symptoms.

## Ending isolation:

You may end isolation after Day 5\* (i.e., between Day 6-10) if:

- You have not had a fever for at least 24 hours without the use of fever-reducing medicine **AND**
- You don't have any other symptoms, or your symptoms are mild and improving.

\*Note: LAC DPH strongly recommends that you get a negative test for COVID-19 before ending isolation between Day 6-10. If you do test, it is best to use antigen tests (including self-tests) to lower the risk of false positives.

If your symptoms of COVID-19 are not improving, you must continue to isolate until your symptoms are improving or until after Day 10.

If you have a [condition](#) that weakens your immune system or if you were severely ill with COVID-19 you might need to stay home for longer than 10 days. Talk to your doctor about when you can be around other people.

If your COVID-19 symptoms return or get worse after you end isolation, you may have [COVID-19 rebound](#). Take an antigen test. If you test positive, you need to restart isolation at Day 0. Talk to your doctor about your symptoms or concerns.

### Wear a well-fitting mask

While in isolation, you must wear a well-fitting mask if there is a need to be in the same room with others. Continue to wear a well-fitting mask when you are indoors around others through Day 10.\*

\*If you meet the criteria to end isolation after Day 5, you can stop wearing a mask sooner (between Day 6-10) if you have two negative COVID-19 tests in a row that were taken at least a day apart.

Note: when you return to work, you are required to wear a mask at the workplace for a total of 10 days. See [Return to Work \(Non-Healthcare\) Summary Table](#).

To learn which masks offer the best protection, see [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks).

### Tell your close contacts they have been exposed

Tell your close contacts that they could be infected. They should take steps to reduce the risk of spreading COVID-19 even if they feel well or are up to date with their vaccines. These steps include masking, testing, and monitoring their health. Give them the instructions which are available in multiple languages at [ph.lacounty.gov/covidcontacts](https://ph.lacounty.gov/covidcontacts).

If you have gotten COVID-19 or passed it on to others at work or school, please tell your workplace or school so that they can take precautions, including recommended testing.

#### Definition of a Close Contact

**A “close contact” is anyone who shared the same indoor airspace as you for at least 15 minutes in 24-hours while you were infectious\*.**

Examples of indoor airspaces are homes, waiting rooms, and airplanes. An example of ‘at least 15 minutes’ is being in the same airspace for 5 minutes at 3 different times in a 24-hour period.

\*You are considered to be infectious (meaning you can spread COVID-19 to others) from 2 days before your symptoms began until you meet criteria to end isolation. If you test positive for COVID-19 but do not have any symptoms, you are considered to be infectious from 2 days before your test was taken through Day 5.

## How to isolate – protecting others

- **Stay home except to get medical care.**
  - If you need to leave home to get medical care, wear a [well-fitting mask](#).
  - If you need help finding social services, or essential items like food and medicines, call 2-1-1.
- **Separate yourself from others in your home.**
  - Do not have non-essential visitors.
  - Wear a mask if you need to be in the same room as other household members.
  - Bring as much fresh air into your home as possible. Open windows (if it is safe to do so) and use fans to blow air out or use air purifiers. See the California Department of Public Health’s [Tips for Reducing COVID-19 Risk Indoors](#) (flyer) and the CDC [Improving Ventilation in Your Home](#) webpage for more information.
  - If you have to share a room, try to stay 6 feet apart from others. It is especially important to stay away from people who are at [higher risk of serious illness](#).
- **Use a separate bathroom** or clean and disinfect touched surfaces of a shared bathroom after each use.
- **Wash your hands often with soap and water for at least 20 seconds.**
  - See [when and how to wash your hands](#). If you can’t wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Clean and disinfect all “high-touch” surfaces routinely (at least once daily).**
  - Use household cleaning and disinfectant sprays or wipes. Be sure to follow the product label instructions.

## COVID-19 treatment and seeking care

- If you have symptoms, ask about COVID-19 treatment right away, even if your symptoms are mild. Treatment can prevent you from getting very sick. Many adults and some children qualify for free medicines, such as Paxlovid. The oral medicines must be started within 5 days from the start of your symptoms, so don’t delay. Talk to your doctor or call the Public Health Tele-Health Service 1-833-540-0473 – open 7 days a week, 8:00 am – 8:30 pm. For more information, visit [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines).
- Stay in touch with your doctor and seek medical care if you have symptoms that concern you or that get worse. If you need help finding a doctor, call 211, available 24 hours a day.
- Call 911 if you or someone you know has emergency warning signs.

### Emergency warning signs



\*depending on skin tone

### Dealing with Stress

- If you need to speak with someone about your mental health, contact your doctor or call the Los Angeles County Department of Mental Health (LAC DMH) 24/7 Helpline at 1-800-854-7771.
- Local mental health & wellbeing resources are available on the LAC DMH [COVID-19 webpage](#) and the 211LA webpage [211la.org/resources/subcategory/mental-health](https://211la.org/resources/subcategory/mental-health).
- More information, including a list of crisis hotlines, is available on the CDC webpage [Coping with Stress](#). LA County residents have free access to [iPrevail.com](https://iPrevail.com), an online mental health resource in English and Spanish. Features include on-demand chat with trained peer coaches, community support groups, and self-paced lessons to help with life's everyday stressors.

### Additional resources

- [ph.lacounty.gov/media/coronavirus/](https://ph.lacounty.gov/media/coronavirus/) website with resources in multiple languages
- [California Employment Development Department](#) website
- [COVID-19 Safety Workers Rights in California](#) pamphlet