

Summary of Guidance Changes

Guidance	Previous CDPH Recommended Actions	January 2024 update
<p>Isolation guidance for all persons who test positive for COVID-19 (including asymptomatic)</p>	<p>Stay home for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms.</p> <p>Isolation can end after Day 5 if:</p> <ul style="list-style-type: none"> • Symptoms are not present, or are mild and improving; AND • Fever has been resolved for 24 hours (without the use of fever-reducing medication). • If fever is present, isolation should be continued until 24 hours after fever resolves. • If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10. • If the confirmed case has severe symptoms or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments. • Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. • After ending isolation, if symptoms recur or worsen, test again and if positive, restart isolation at Day 0. 	<ul style="list-style-type: none"> • Stay home if you have COVID-19 symptoms until you have not had a fever for 24 hours without using fever reducing medication AND other <u>COVID-19 symptoms</u> are mild and improving. <ul style="list-style-type: none"> a. If you do not have symptoms, you should follow the recommendations below to reduce exposure to others. • Mask when you are around other people indoors for the 10 days* after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date. • Avoid contact with people at <u>higher-risk for severe COVID-19</u> for 10 days*. High-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and those with other conditions that put them at higher risk for serious illness. • Seek treatment. If you have symptoms, particularly if you have at <u>higher risk for severe COVID-19</u>, speak with a healthcare provider as soon as you test positive. You may be eligible for <u>antiviral medicines</u> or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start. <ul style="list-style-type: none"> a. Call 1-833-422-4255 if you are unable to contact a healthcare

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		<p>provider, or use the treatment options to find one.</p> <p>*The potential infectious period is 2 days before the date symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date.)</p>
<p>Close Contacts</p>	<ul style="list-style-type: none"> • Test within 3-5 days after last exposure. • Close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information). • Strongly encouraged to be up to date with COVID-19 vaccines. • If symptoms develop, test, and stay home (see earlier section on symptomatic persons), AND • If test result is positive, follow isolation recommendations above (Table 1). 	<ul style="list-style-type: none"> • If you have new symptoms, you should test and mask right away. • If you do not have symptoms and are at higher risk of severe COVID-19 infection and would benefit from treatment, you should test within 5 days. • If you do not have symptoms and have contact with people who are at higher risk for severe infection, you should mask indoors for 10 days when around them and consider testing within 5 days after the last exposure date (Day 0) and prior to contact with higher risk people. For further details, see CDPH COVID-19 testing guidance.

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SPHO Infectious Period Definition	<p>"Infectious Period" is defined as:</p> <ul style="list-style-type: none"> • For symptomatic confirmed cases, 2 days before the confirmed case had any symptoms (symptom onset date is Day 0) through Days 5–10 after symptoms first appeared AND 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved, OR • For asymptomatic confirmed cases, 2 days before the positive specimen collection date (collection date is Day 0) through Day 5 after positive specimen collection date for their first positive COVID-19 test. 	<p>"Infectious Period*" for the purpose of <u>isolation</u> and exclusion of confirmed cases, is defined as:</p> <ul style="list-style-type: none"> • For symptomatic confirmed cases- from the day of symptom onset until 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms are mild and improving. • For asymptomatic confirmed cases - there is no infectious period for the purpose of isolation or exclusion. If symptoms develop, the criteria above will apply. <p>*The potential infectious period is 2 days before the date symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date.)</p>
Post-Exposure Testing	<p>People who are asymptomatic but have been exposed to a confirmed case of COVID-19 should test 3-5 days after the last exposure date (Day 0), even if asymptomatic. If testing negative before Day 3, retest a day later at least once, during the 3–5-day window following the exposure.</p>	<ul style="list-style-type: none"> • Anyone with new symptoms of COVID-19, whether there is a known exposure or not, should <u>test</u> right away. • People who are <u>asymptomatic</u> but have been <u>exposed</u> to a confirmed case of COVID-19 and <u>who are at higher risk of severe disease and would benefit from treatment</u> or <u>who have contact with people who are at higher risk for severe COVID-19 infection</u> should consider testing within 5 days after the last exposure date (Day 0) and prior to contact with higher risk people.