

# Santa Barbara County Education Office

## CDPH Isolation Guidance Updates

January 9, 2024

CDPH updated the isolation guidance for COVID-19 on January 9, 2024. Cal/OSHA updated key definitions to align to this update that brings a change of response requirements for COVID-19 cases related to contact tracing and required isolation of the positive case. This is a summary of that information to support understanding and consideration for updates to procedures and should not be considered legal advice.

**CDPH COVID-19 Isolation Guidance:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Isolation-Guidance.aspx#>

**Cal/OSHA COVID-19 Summary Document:** <https://www.dir.ca.gov/dosh/coronavirus/Non-Emergency-regs-summary.pdf>

### CDPH Isolation Guidance Updates Related to Cal/OSHA Requirements:

Previous	New
<p><b>Contact Tracing:</b> The <b>infectious period</b> for when someone is contagious is two days prior to symptom onset or date of the positive test if there are no symptoms through Day 5 or through Day 10 if symptoms have not improved.</p> <p><b>Close contacts</b> are those who shared indoor air with the individual for cumulative 15 minutes or more within <b>48 hours prior to symptom onset through Day 10</b>.</p>	<p><b>Contact Tracing:</b> The <b>infectious period</b> for when someone is contagious <b>24 hours</b> following symptom onset. There is <b>no infectious period if someone tested positive without symptoms</b>.</p> <p><b>Close contacts</b> are those who shared indoor air with the individual for cumulative 15 minutes or more <b>within the 24 hours following symptom onset</b>.</p> <p>*See below for CDPH's formal definition of close contact.</p>
<p><b>Isolation:</b> Positive cases must isolate for 5 days from symptom onset (Day 1 is the day after symptom onset) or from the date of positive test if there are no symptoms.</p> <p>Positive cases may return on Day 6 if symptoms are resolving, and they have been fever-free for 24 hours without medication.</p> <p>Returning positive cases must wear a mask around others through the end of Day 10.</p>	<p><b>Isolation:</b> Positive cases <b>with symptoms must isolate for 24 hours</b> from symptom onset (Day 1 is the day after symptom onset). <b>Positive cases without symptoms do not have to isolate.</b></p> <p><b>Positive cases may return after 24 hours if symptoms are mild and resolving, and they have been fever-free for 24 hours without medication.</b></p> <p><b>All positive cases (with or without symptoms) must mask indoors</b> through the end of Day 10 from the date of symptom onset or date of positive test if there are no symptoms. (Day 1 is the date following symptom onset or positive test if there are no symptoms.)</p>

## CDPH Definition of Close Contact from the Isolation Guidance:

*\*"Close Contact" means the following:*

- 1. In indoor spaces of 400,000 or fewer cubic feet per floor (such as homes, clinic waiting rooms, airplanes, etc.), close contact is defined as sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during a confirmed case's infectious period.*
- 2. In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food processing facilities), close contact is defined as being within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period during the confirmed case's infectious period.*

*Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.*

### **LEA Actions for Consideration to Update for Alignment:**

- Review COVID-19 Prevention Plan (CPP) language in 4. Response for alignment to such that it reflects current procedures. Updated language for consideration:

**Response.** *Effective procedures for responding to COVID-19 cases at the workplace include:*

- a. **Exclusion.** Immediately excluding COVID-19 cases (including employees excluded under CCR, Title 8, section 3205.1) according to the following requirements unless otherwise defined by Cal/OSHA or a CDPH regulation or order:*
  - i. COVID-19 cases will not return to work during the infectious period:*
    - a. The infectious period of 24 hours from the date of symptom onset, unless otherwise defined by Cal/OSHA or a CDPH regulation or order,*
    - b. At least 24 hours have passed since a fever of 100.4 degrees Fahrenheit or higher has resolved without the use of fever-reducing medication,*
    - c. Symptoms are not present, or are mild and improving.*
- Provide staff communication of the change of isolation protocol from CDPH Guidance, Cal/OSHA COVID-19 Prevention Non-Emergency Regulation, language from the CPP and access to view the CPP
- Review COVID-19 Isolation Notification Letters
- Review contact tracing documents and procedures related to close contact identification to reflect that the infectious period has changed