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 Isolation Guidance Updates Related to Cal/OSHA Requirements**:

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