



# Isolation and Quarantine for the General Public

Humboldt County has aligned with [new state guidance](#) that allows for shorter isolation and quarantine periods for people who have been infected with or exposed to COVID-19. The state's new rules are similar to the [CDC's recently revised guidance](#) but add a testing requirement to shorten isolation or quarantine.

## People Who Test Positive (Isolation)

- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- Isolation can end if a test collected on or after day 5 is negative and the individual is not experiencing symptoms or symptoms are resolving. an over-the-counter antigen test can be used to end isolation.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

## People Exposed to Someone with COVID-19 (Quarantine) Regardless of vaccination status

- Those persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.
- Test within 3-5 days after last exposure, an over-the counter antigen test can be used to end quarantine.
- Per CDPH masking guidance, 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 get vaccinated or boosted.
- If symptoms develop, test and stay home
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- Those unable to test or choosing not to test should quarantine for 10 days.

Individuals who have gotten a booster shot, or are fully vaccinated and not yet eligible for a booster, do not have to quarantine following an exposure. However, they should get tested 5 days after being exposed to be safe.

These guidelines are for the general public and not health care workers who have [their own isolation and quarantine guidance](#). [Workers and K-12 students](#) should also check with their employers and schools about requirements for returning to work or school since state guidance may differ for those settings.

For more information, see California's [guidance for isolation and quarantine](#) or call Humboldt County Public Health at 1-707-445-6201.