

Isolation and Quarantine Requirements: When You Must Stay Home To Prevent The Spread of COVID-19

	A. New COVID-19 Symptom (No known Close Contact)	B. Close Contact	C. Close Contact + New COVID-19 Symptom	D. COVID-19 (positive test or clinical diagnosis)
Fully vaccinated	<ul style="list-style-type: none"> • Required to isolate until: <ul style="list-style-type: none"> ○ 10 days have passed since symptom(s) started, <u>and</u> ○ No fever for 24 hours (without fever reducing medication), <u>and</u> ○ Symptoms are improving. • You can leave isolation early if: 	<ul style="list-style-type: none"> • No quarantine required • Monitor for symptoms until 14 days after exposure. If symptoms develop, see column C. • Consult with your employer if you have questions about the workplace policy following a close contact. 	<ul style="list-style-type: none"> • Required to isolate until: <ul style="list-style-type: none"> ○ 10 days have passed from developing symptoms, <u>and</u> ○ No fever for 24 hours (without fever reducing medication), <u>and</u> ○ Symptoms are improving. • You can leave isolation early if you receive a negative COVID-19 test, but are urged to stay home while sick to prevent the spread of diseases. 	<ul style="list-style-type: none"> • Required to isolate until: <ul style="list-style-type: none"> ○ 10 days have passed since symptom(s) started (or if asymptomatic, 10 days after positive test), <u>and</u> ○ No fever for 24 hours (without fever reducing medication), <u>and</u> ○ Symptoms are improving.
Not fully vaccinated	<ul style="list-style-type: none"> ○ you receive a negative COVID-19 test, collected after start of symptoms; <u>or</u> ○ a healthcare provider provides documentation that the symptoms are typical of an underlying chronic condition or confirms an alternative named diagnosis. <p>You are still urged to stay home while sick to prevent the spread of diseases.</p>	<ul style="list-style-type: none"> • Required to quarantine until 10 days after your exposure (can leave quarantine after 10 days unless symptoms develop; if symptoms develop during quarantine period, see column C). <ul style="list-style-type: none"> • You may leave quarantine early after 7 days if you remain asymptomatic and you receive a negative COVID-19 test (test must be collected on day 5 or later). • Consult with your employer if you have questions about the workplace policy following a close contact. 	<p>You are strongly urged to get tested.</p> <p>If you do not test (or test positive), you must isolate/quarantine until all of the following are true:</p> <ul style="list-style-type: none"> ○ 10 days since symptom(s) started, <u>and</u> ○ No fever for 24 hours (without fever reducing medication), <u>and</u> ○ Symptoms are improving, <u>and</u> ○ 14 days after your last close contact. <p>If you test negative, you can end quarantine 14 days after your last close contact.</p>	

* Note: Special rules apply (1) to students and staff in schools and (2) in health care settings, jails, and shelters. See the Isolation and Quarantine Directives (available at <http://www.sfdph.org/directives>) for details.