

Summary: Isolation Instructions

How to protect others when you have COVID-19

You must follow these steps regardless of vaccination status, previous infection, or lack of symptoms.

1 Stay home

- You can leave isolation after Day 5 ONLY if all of the following conditions are met:
 - You get a negative result from a COVID-19 viral test taken on or after Day 5.
 - You have not had a fever for at least 24 hours without using fever-reducing medicine.
 - Your symptoms are improving, or you don't have symptoms.
- You can leave isolation after 10 days* as long as:
 - You have not had a fever for at least 24 hours without using fever-reducing medicine.

*If you have a [condition](#) that weakens your immune system or if you were severely ill with COVID-19, you might need to stay home for longer than 10 days. Talk to your doctor about when you can be around other people.

Day 1 is the first full day after your symptoms developed. If you never have symptoms, Day 1 is the first full day after your positive test was taken. Note: if you develop symptoms, your first full day of symptoms becomes Day 1.

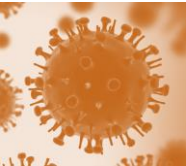
If you are at [high risk](#) for getting very sick from COVID-19, you may be able to get medicine to help keep you out of the hospital. Call your doctor right away if you test positive, even if your symptoms are mild. Don't delay: the medicines work best when they are given as soon as possible after symptoms start. If you don't have a doctor, call 1-833-540-0473. See ph.lacounty.gov/medicines for more information.

When you are in isolation, take precautions to protect others including:

- Stay home and away from others except to get medical care
- If you must be in the same room as other people, wear a highly protective mask, open windows, and stay at least 6 feet away, especially from those at higher risk of [severe illness](#)
- Use a separate bathroom or disinfect a shared bathroom after each use
- Do not make or serve food to others
- Cover your coughs and sneezes
- Clean your hands often
- Disinfect any surfaces you touch a lot
- Contact your doctor if your symptoms get worse or concern you
- Call 9-1-1 if you have emergency signs. These include trouble breathing, pressure or pain in chest, bluish lips, confusion, hard to wake

2 Wear a highly protective mask.

While in isolation, you must wear a [highly protective mask](#) if you need to be around others, including people you live with. If you meet the criteria to leave isolation after Day 5, it is **strongly recommended** that you continue to wear a highly protective mask around others, especially indoors, through Day 10. Note: Employees are **required** to wear a mask at work for a total of 10 days after the positive test. See [Return to Work Tables](#). See ph.lacounty.gov/masks for details about masks that offer the best protection.



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3 Tell your close contacts they have been exposed

A “close contact” is any person who shared the same indoor airspace with you for a total of 15 minutes or more over a 24-hour period while you were infectious.

- You are considered to be infectious from 2 days before your symptoms first started (or from the date of your first positive test if you don’t have symptoms) until your home isolation ends.
- Examples of indoor airspaces are homes, waiting rooms, airplanes. An example of ‘a total of 15 minutes or more’ is being in the same airspace with the person for 5 minutes at least 3 different times in 24 hours.

Close contacts must follow *Instructions for Close contacts* at ph.lacounty.gov/covidcontacts.

COVID-19 Rebound

You may have [COVID-19 rebound](#) if your COVID-19 symptoms return or get worse after ending isolation. You should isolate away from others again. Isolation can end 5 days after your rebound began if you have been fever-free for at least 24 hours and your symptoms are improving. To protect others, wear a [highly protective mask](#) around others for at least 10 days after the start of your rebound. See [COVID-19 Rebound FAQs](#). Talk to your doctor about your symptoms or if you have questions.



If you have questions or need help with resources, including obtaining medicines, call the DPH Call Center 1-833-540-0473. Open 7 days a week, 8:00am – 8:30pm.

Follow the full Isolation instructions. Scan the QR code or visit ph.lacounty.gov/covidisolation.

