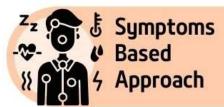# UPDATED COVID-19 GUIDANCE

On January 9, 2024, the California Department of Public Health (CDPH) revised their COVID-19 guidelines, emphasizing a more flexible, symptom-based approach similar to other types of illnesses. Below is a summary of the CDPH updates:

Symptoms Based Approach

COVID-19 isolation recommendations move away from five days of isolation and instead focus on clinical symptoms to determine when to end isolation.

COVID-19 Positive with Symptoms

People who test positive should:
Stay home if you have COVID-19 symptoms, until you have not had a fever for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving.

COVID-19 Positive with No Symptoms

If you do not have symptoms, you should follow the recommendactions below to reduce exposure to others.

If you return to work after isolation, mask when you are around other people indoors for the 10 days after you become sick or test positive (if no symptoms). You may remove your mask sooner than 10 days if you have two sequential negative tests at least one day apart. Day 0 is symptom onset date or positive test date.

Recommended to Wear a Face Mask

Close Contacts

Avoid contact with people at higher-risk for severe COVID-19 for 10 days. Higher-risk individuals include the elderly, those who live in congregate care facilities, those who have immunocompromising conditions, and that put them at higher risk for serious illness.

Seek Medical Treatment

Seek Treatment. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive.

Testing

If you have new COVID-19 symptoms you should test and mask right away.