



COVID-19 Prevention Guidelines for the General Public*

- **People who have tested positive for COVID-19**

- **With symptoms**

Stay home until fever-free for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving.

Mask when around other people indoors for 10 days after symptom onset. May remove mask sooner with 2 sequential negative tests at least one day apart.

Avoid contact with people at higher risk for severe COVID-19 for 10 days.

Seek treatment, particularly if at higher risk for severe COVID-19.

- **With no symptoms**

Mask when around other people indoors for 10 days after testing positive. May remove mask sooner with 2 sequential negative tests at least one day apart.

Avoid contact with people at higher risk for severe COVID-19 for 10 days.

- **People who are close contacts**

- **With symptoms**

Test and mask right away.

- **With no symptoms**

- **At higher risk for severe COVID-19 infection / would benefit from treatment**

Test within 5 days of exposure.

- **Have contact with people at higher risk for severe COVID-19 infection**

Mask indoors when around higher-risk people for 10 days.

Consider testing within 5 days after last exposure and before contact with higher-risk people.

- **People who have new COVID-19 symptoms with no known exposure**

- Test and mask right away.

Note: In the workplace, employers are subject to the Cal/OSHA COVID-19 Prevention Non-Emergency Regulations or the Cal/OSHA Aerosol Transmissible Diseases Standard. Consult those regulations for additional applicable requirements.

Healthcare personnel should refer to CDPH COVID-19 Isolation Guidance: Healthcare Settings for additional applicable requirements.

Resources

[CDPH COVID-19 Isolation Guidance, Updated 01.09.2024](#)

[CDPH COVID-19 Testing Guidance, Updated 01.09.2024](#)

[Cal/OSHA COVID-19 Prevention Non-Emergency Regulations](#)

[Cal/OSHA COVID-19 Prevention Non-Emergency Regulations FAQ, Updated 01.09.2024](#)

[Cal/OSHA Aerosol Transmissible Diseases Standard](#) (PDF)

*Per CDPH COVID-19 Isolation Guidance, Updated January 9, 2024