

Pasadena Public Health Department Guidelines for COVID-19 Cases (Isolation) and Close Contacts

Introduction

The Pasadena Public Health Department (PPHD) has aligned with the new California Department of Public Health (CDPH) [Guidance on Isolation and Quarantine of the General Public](#). Effective March 13, 2023, the City's Public Health Emergency Orders regarding isolation and quarantine for the general public have been rescinded and are replaced by this new guidance to help prevent the spread of COVID-19 to others. This guidance outlines the precautions that must be taken by persons with COVID-19 and the precautions that should be taken by persons who are a close contact of a person with COVID-19.

These guidelines apply to the general public. They are not intended for workplace settings (see box below).

Summary of Significant Changes

People with COVID-19:

- May leave isolation after Day 5 as long as they have been fever-free for 24 hours (without the use of fever reducing medicines) AND they either have no symptoms or their symptoms are mild and improving. A negative COVID-19 test is no longer required to leave isolation between Day 6-10. (PPHD strongly recommends that persons test negative prior to leaving isolation between Day 6-10).
- Wear a well-fitting high-quality mask around others through Day 10. They may discontinue wearing a mask around others between Day 6-Day 10 if they have had two sequential negative COVID-19 tests taken at least one day (24 hours) apart.

Workplaces

Workplace settings are subject to the [Cal/OSHA COVID-19 Non-Emergency Regulations](#) or in some workplaces the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#). Employers must review those regulations specific to controlling COVID-19 transmission in worksites to be in compliance with those applicable requirements. Additional information about how isolation and quarantine guidance affect covered workplaces may be found in [COVID-19 Prevention Non-Emergency Regulations FAQs](#). Refer to LA County [Responding to COVID-19 in the Workplace](#) for additional details.

In addition, Healthcare Facilities must follow the State AFL [Guidance on Quarantine for Health Care Personnel \(HCP\) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19](#).

Pasadena Public Health Department Guidelines for COVID-19 Cases (Isolation) and Close Contacts

Definitions

Isolation:

Separates those infected with a contagious disease from people who are not infected.

Confirmed case:

A person who has received a positive result of the presence of SARS-CoV-2 virus as confirmed by a COVID-19 viral test or clinical diagnosis.

Close contact:

A "close contact" is a person who has shared the same indoor airspace with someone with COVID-19 for a total of 15 minutes or more over a 24-hour period while they were infectious.

Examples of indoor airspaces are homes, waiting rooms, and 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.

Note: A different definition of a close contact is used for persons potentially exposed in very large indoor (over 400,000 cubic feet) spaces.

Infectious period:

- *For symptomatic confirmed cases:* A person is considered infectious starting 2 days before their symptoms began (symptom onset date is Day 0) until their isolation ends (i.e., through Days 6-10 after symptoms first appeared AND 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved).
- *For asymptomatic confirmed cases:* A person who never developed symptoms is considered infectious from 2 days before their positive test was taken (test collection date is Day 0) until their isolation ends (i.e., through Day 5).

These infectious periods are used to identify close contacts and possible exposures. Confirmed cases are no longer considered to be within their infectious period once they have met the criteria to leave isolation. However, confirmed cases should continue to follow all isolation precautions through Day 10.

People with Symptoms of Possible COVID-19

All people with symptoms of possible COVID-19 infection, regardless of vaccination status or previous infection, should stay home away from others and test for COVID-19.

Pasadena Public Health Department Guidelines for COVID-19 Cases (Isolation) and Close Contacts

Guidelines for Confirmed COVID-19 Cases

Everyone with a COVID-19 infection, regardless of their vaccination status, history of previous infection, or lack of symptoms must isolate and follow all isolation instructions.

Confirmed Cases must:

1. Isolate (stay home)

- Stay home and away from others through at least Day 5 until they meet the criteria to end isolation.

To count the days:

- For people with symptoms, Day 0 is the first day of symptoms.
- For people with a positive COVID-19 test who never develop symptoms, Day 0 is the day the first positive test was collected. Note, if they start to have symptoms, their new Day 0 is the first day of symptoms.
- While in isolation, follow the CDC's isolation instructions to help protect others. See instructions at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>.

Ending isolation:

- A person may end isolation after Day 5 (i.e., between Day 6-10) if both of the following criteria are met*:
 - They have had no fever for at least 24 hours without the use of fever reducing medicine; **AND**
 - Other symptoms are not present, or symptoms are mild and improving.

* It is strongly recommended that an individual test negative for COVID-19 prior to ending isolation between Day 6 and Day 10. This would reduce the chance of infecting another person with COVID-19.

- People who continue to have symptoms of COVID-19 that are not improving should continue to isolate until their symptoms are improving or until after Day 10.
- People who have left isolation and have a return or a worsening of their COVID-19 symptoms should re-test (with an antigen test). If they test positive, they need to re-start isolation at Day 0.

2. Wear a high-quality well-fitting mask

- While in isolation, wear a high-quality well-fitting mask if there is a need to be in the same room with others.
- Continue to wear a high-quality well-fitting mask around others through Day 10.
- People who meet the criteria to leave isolation after Day 5 may stop wearing their mask sooner (between Day 6-10) if they have two sequential negative COVID-19 tests taken at least one day (24 hours) apart.

3. Tell close contacts

- Close contacts should be informed that they have been exposed and may be infected. They should follow the CDC's instructions for people exposed to COVID-19 at: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>.

Pasadena Public Health Department Guidelines for COVID-19 Cases (Isolation) and Close Contacts

Guidelines for Close Contacts

As long as a close contact (anyone exposed to COVID-19) does not have symptoms they do not need to stay home away from others. It is strongly recommended that close contacts take additional steps to help lower the risk of spreading COVID-19 to others.

Close contacts should:

1. Wear a well-fitting mask indoors around others through Day 10

- A high-quality well-fitting face mask should be worn for 10 days after their last contact (exposure) with the infected person. To count the days, Day 0 is the last day they had contact.
- This is especially important when near those at higher risk for severe COVID-19 disease.

2. Test for COVID-19 within 3-5 days

- Testing should be performed 3-5 days after their last exposure.
NOTE: Close contacts who tested positive for COVID-19 in the past 31-90 days should use an antigen test to lower the risk of false positives.
- In addition, testing as soon as possible after exposure is recommended for persons who live with or who are at [higher risk for severe illness](#). Early knowledge of infection status enables (a) earlier access to treatment options, if indicated (for those who may be at risk for severe illness), and (b) notification of close contacts who may also benefit by knowing if they are infected. If testing negative before Day 3, retest during the 3–5 day window following exposure, with at least 24 hours between the first and second test.
- If the test result is positive, stay home away from others and follow the instructions above for a confirmed COVID-19 case.

3. Monitor their health

- Close contacts should monitor their health for 10 days following their exposure.
- If symptoms develop, they should test right away and stay home away from others.
- If they test positive, stay home away from others, and follow the instructions for a confirmed COVID-19 case.