

Updated isolation and masking instructions
for individuals testing positive for COVID-19

Los Angeles County [guidelines](#) for COVID-19 isolation have been updated and aligned with the new California Department of Public Health guidance.

TESTED POSITIVE, NO SYMPTOMS (see [symptom](#) list)

Isolation is not required. Wear a well-fitting, high-quality respiratory mask when around others for 10 days (the date of your initial test is day zero). You may stop masking if you have two negative tests at least 1 day apart.

TESTED POSITIVE, EXPERIENCING SYMPTOMS (see [symptom](#) list)

Isolate at home and away from others until the following conditions are met:

- You are fever-free (without using fever-reducing medicines) for 24 hours; AND
- Your other symptoms are improving.

Wear a well-fitting, high-quality respiratory mask if there is a need to be around others, you should continue to do so for 10 days (the date of the start of symptoms is day zero). It is strongly recommended that an individual test for COVID-19 prior to ending isolation. If you test positive, isolate until day 10. You may stop masking if you have two negative tests at least 1 day apart.

	ISOLATION 🏠	MASKING 😷	DAY ZERO 📅	NOTES
TESTED POSITIVE, NO SYMPTOMS	Isolation is not required.	Masking is required for 10 days <u>when around others.</u>	Date of positive test.	
TESTED POSITIVE, SYMPTOMS	Isolation at home and away from others is required until fever-free (without fever-reducing medicines) for 24 hours AND symptoms are improving.	Masking is required for 10 days <u>if there is a need to be around others.</u>	Date of start of symptoms.	Strongly recommend a negative test prior to ending isolation.
EXPOSURE TO POSITIVE CASE	Not required.	Masking is required for 10 days <u>when indoors</u> around others.	Date of exposure to positive case.	Test during days 3-5, and continue to monitor your health through day 10.

Students, faculty and staff are required to [complete the contact tracing form](#) in MySHR if you have been on campus in the 48 hours prior to onset of symptoms or date of positive test.

