

Sonoma County Public Health phone lines are totally jammed, so one of my providers, who had a staff test positive, emailed the following and got a very quick and detailed response:

[soco.schools@sonoma-county.org](mailto:soco.schools@sonoma-county.org)

This is the email she received within minutes. I have edited out identifying information.

Hello,

Thank you for submitting this report. We appreciate your patience as we sift through a high number of cases and requests. As you may well know, the State of California has recently changed their isolation and quarantine guidance. I will respond below with post-exposure recommendations using this updated guidance. I recommend reading through the guidance directly on CDPH's page as well if you haven't had a chance to already: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

### **Exposure- Infectious Period & Close Contact:**

The infectious window for Covid-19, the time in which someone can transmit the virus to others, begins 2 days prior to symptom onset, or test date if the person does not have symptoms. The person will continue to be infectious for at least 5 days after symptom onset. This means **"Name"** was infectious beginning **"Date"** since they developed symptoms **on "Date"**. Anyone who had close contact with **"Name"** while they were infectious is considered exposed. The CDC's definition of a close contact is below:

### **What counts as close contact?**

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

\*Please note close contact is about proximity. You can be a close contact whether or not masks were worn or the exposure occurred indoors versus outdoors.

**Please note, guidance has recently changed regarding isolation and quarantine.** Please visit <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx> if you are unfamiliar with the changes.

### **Positive Cases- Isolation Protocol:**

**Anyone who has tested positive** - they should stay home and isolate for a minimum of 5 days, beginning the day after their symptom onset (or the day after their positive test date, if no symptoms).

Day 0 = 1/4 (symptom onset or test date)

Day 5 = 1/9 (last full day of isolation if symptoms not present or resolving AND a diagnostic specimen\* collected on day 5 or later tests *negative*)

- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.

Day 6-10 = 1/10-1/14 (wear a well-fitted mask around others if released after day 5)

Day 10 = 1/14 (last full day of isolation if ineligible for earlier release)

\*antigen test preferred

### Close Contacts- Quarantine Protocols:

**Vaccine Boosted Staff and Students** (*includes those not yet eligible for booster*) may forgo quarantine after an exposure as long as they remain asymptomatic. Testing is recommended on day 5 (1/9) after exposure. These individuals should wear a well-fitting mask around others for 10 days, especially in indoor settings.

**Unvaccinated, Vaccinated and Booster-eligible but have not received their booster dose, and individuals diagnosed with Covid-19 within the last 90 days who are not boosted** should stay home for 5 days after an exposure. Testing should occur on day 5 or later. Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. Results must be received before being released. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

Day 0 = 1/4 (last day of exposure)

Day 1 = 1/5 (first day of quarantine)

Day 5 = 1/9 (soonest testing date if they develop no symptoms and want to discontinue Q early)

Day 6 = 1/10 (release date if test results from day 5 are negative and no symptoms have developed)

Day 6-10 = 1/10-1/14 (wear a well-fitted mask around others if released after day 5)  
Day 10 = 1/14 (last full day of quarantine if ineligible for earlier release)

**\*\*The guidance above applies to the general public (excluding healthcare personnel). All staff, college students, preschool students, and youth sports participants should follow the above guidance unless they have individualized, stricter policies in place.**

I know you may have questions, so please feel free to respond to this email and ask away! This guidance is still very new to us as well, but I will do my best to answer!

Sonoma County testing resources: <https://socoemergency.org/emergency/novel-coronavirus/testing-and-tracing/>

Sonoma County Schools/Daycares Folder (many items pending updates to reflect new guidance): <https://drive.google.com/drive/folders/1kQAXMATM4HMSG2lj5DJ3v4eVmUurHNph?form=MY01SV&OCID=MY01SV>