### Isolation and Quarantine Requirements: When You Must Stay Home To Prevent The Spread of COVID-19

<table>
<thead>
<tr>
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<th>A. New COVID-19 Symptom (No known Close Contact)</th>
<th>B. Close Contact</th>
<th>C. Close Contact + New COVID-19 Symptom (positive test or clinical diagnosis)</th>
<th>D. COVID-19 (positive test or clinical diagnosis)</th>
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</thead>
</table>
| **Fully vaccinated** | • Required to isolate until:  
  o 10 days have passed since symptom(s) started, and  
  o No fever for 24 hours (without fever reducing medication), and  
  o Symptoms are improving.  
  • You can leave isolation early if:  
    o you receive a negative COVID-19 test, collected after start of symptoms; or  
    o a healthcare provider provides documentation that the symptoms are typical of an underlying chronic condition or confirms an alternative named diagnosis. You are still urged to stay home while sick to prevent the spread of diseases. | • No quarantine required  
  • Monitor for symptoms until 14 days after exposure. If symptoms develop, see column C.  
  • Consult with your employer if you have questions about the workplace policy following a close contact. | • Required to isolate until:  
  o 10 days have passed from developing symptoms, and  
  o No fever for 24 hours (without fever reducing medication), and  
  o Symptoms are improving.  
  • You can leave isolation early if you receive a negative COVID-19 test, but are urged to stay home while sick to prevent the spread of diseases. | • Required to isolate until:  
  o 10 days have passed since symptom(s) started, and  
  o No fever for 24 hours (without fever reducing medication), and  
  o Symptoms are improving. |
| **Not fully vaccinated** | • Required to quarantine until 10 days after your exposure (can leave quarantine after 10 days unless symptoms develop; if symptoms develop during quarantine period, see column C).  
  • You may leave quarantine early after 7 days if you remain asymptomatic and you receive a negative COVID-19 test (test must be collected on day 5 or later).  
  • Consult with your employer if you have questions about the workplace policy following a close contact. | • Required to quarantine until 10 days after your exposure (can leave quarantine after 10 days unless symptoms develop; if symptoms develop during quarantine period, see column C).  
  • You may leave quarantine early after 7 days if you remain asymptomatic and you receive a negative COVID-19 test (test must be collected on day 5 or later).  
  • Consult with your employer if you have questions about the workplace policy following a close contact. | You are strongly urged to get tested. If you do not test (or test positive), you must isolate/quarantine until all of the following are true:  
  o 10 days since symptom(s) started, and  
  o No fever for 24 hours (without fever reducing medication), and  
  o Symptoms are improving, and  
  o 14 days after your last close contact.  
  If you test negative, you can end quarantine 14 days after your last close contact. | • Required to isolate until:  
  o 10 days have passed since symptom(s) started, and  
  o No fever for 24 hours (without fever reducing medication), and  
  o Symptoms are improving. |

* Note: Special rules apply (1) to students and staff in schools and (2) in health care settings, jails, and shelters. See the Isolation and Quarantine Directives (available at [http://www.sfdph.org/directives](http://www.sfdph.org/directives)) for details.

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