

**You are a “close contact” if you 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<sup>1</sup>.**

Examples of indoor airspaces are homes, waiting rooms, 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.

If you are a close contact to someone with COVID-19 and you have no symptoms, you do not need to quarantine\*. **You are required to:**

**1 Wear a highly protective mask for 10 days.**

You must wear a mask around others while indoors and when in close contact with others outside. This includes wearing a mask at home.

See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for details about masks that offer the best protection.

**2 Get tested 3-5 days after you were last exposed<sup>2</sup>**

In addition, consider getting tested right away if you or someone you live with is at [higher risk for severe illness](#). This is because [medicine to prevent severe illness](#) is available for high-risk people who have symptoms and test positive, and it should be started as soon as possible after symptoms begin. If you live or spend time with someone at higher risk, finding out that you are positive sooner means that you can take steps to protect them sooner. If you test negative, test again on or after Day 5.

If you test positive at any time, follow isolation instructions at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

Note: if you tested positive for COVID-19 using a viral test in last 90 days, testing is not recommended unless you get symptoms.

**3 Monitor your health for 10 days**

If symptoms start, test right away and stay home away from others. If you test positive, follow isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

**Note:** Day 1 is the first full day after your last contact with the infected person.

\* **Quarantine** - you may choose to quarantine to protect others, even when it is not required. If you live in a [high-risk setting](#), you may be required to quarantine within the facility. See the next page for quarantine instructions.

For detailed instructions for general public and other settings, scan the QR code or visit [ph.lacounty.gov/covid-contacts](https://ph.lacounty.gov/covid-contacts).

If you have questions or need assistance, call the **COVID Call Center 1-833-540-0473**, open daily 8:00am–8:30pm.



<sup>1</sup> Someone with COVID-19 is considered infectious from 2 days before their symptoms began (or the day their first positive test was taken) until their isolation period ends.

<sup>2</sup> The test should be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Self-tests are acceptable, but if used for return to work the test must be observed or reported in a certain way. For more information check with your employer and see [Cal-OSHA Testing FAQs](#).

### Summary of Quarantine Instructions

Quarantine means staying away from others in case you become infected.

- *Quarantine can end after Day 5* if you do not have symptoms **and** a COVID-19 viral test collected on or after Day 5 is negative. When you leave quarantine, you must wear a mask and monitor your health through Day 10 (see instructions above).
- *Quarantine can end after Day 10* if you do not test on or after Day 5 as long as you did not develop symptoms.

**Note:** Day 1 is the first full day after your last contact with the infected person.

### When you are in quarantine, take precautions to protect others, including:

- Stay home except to get medical care.
- Do not have visitors.
- Separate yourself from others in your home. If you need to be in the same room as others:
  - Wear a highly protective mask. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.
  - Stay at least 6 feet away. It is important to stay away from people who are at [higher risk of serious illness](#).
  - Bring as much fresh air into your home as possible. If it is safe to do so, open windows or use a fan or an air conditioner. See the CDC's [Improving Ventilation in Your Home](#) webpage for more information.
- Use a separate bathroom if possible. If not, disinfect the bathroom after each use.