

Frequently Asked Questions about COVID-19 exposure



Who needs to stay at home?

- People who have tested positive for COVID-19
- People with COVID-19 symptoms who haven't been tested or are waiting for results
- People who had close contact with someone infected with COVID-19 and are not fully vaccinated



If a child has close contact with someone with COVID-19 at school, they might be able to remain in school in a “modified quarantine.”



Contact your school to learn more.

What's the difference between isolation and quarantine?

You **quarantine** when you may have been exposed to the virus.



You **isolate** when you have been infected with the virus, even if you don't have symptoms.



In both cases, stay away from other people, especially those at higher risk for getting very sick from COVID-19.

Does everyone at home have to quarantine, too?

No. Only people who had close contact with someone who has COVID-19 need to quarantine, unless they had COVID-19 within the last 3 months or were fully vaccinated when exposed. Other people in the household can leave home.



How soon can someone with COVID-19 spread it to others?

Someone who has COVID-19 can be contagious 2 days before they show symptoms or test positive, and for 10 days after symptoms appear. An infected person without symptoms can still be contagious for 10 days after testing positive.



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More questions on the next page.



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What if my child is vaccinated against COVID-19?

Fully vaccinated children do not have to quarantine after close contact as long as they don't show symptoms. Because the Delta variant can sometimes infect fully vaccinated people, consider having your child tested 3-5 days after the last close contact. If symptoms appear within 14 days after the last close contact, get them tested and keep them at home until you get a negative test result.



If you don't consult your child's doctor and don't get a test, your child must stay home until:

- 10 days have passed since their symptoms started; and
- they haven't had a fever in the last 24 hours, without taking medicine for fever; and
- their symptoms are improving.



What do schools mean by "modified quarantine," and what do we need to do?

If the close contact happened at school and both your child and the infected person were wearing masks the whole time, your child may attend school in-person if they need to quarantine. They can ride a school bus or take public transportation to and from school.

Your child should:

- continue to wear a face mask in school
- get tested for COVID-19 twice a week
- remain free of any COVID-19 symptoms during this time
- stay at home except to go to school
- avoid playing wind instruments when a mask cannot be worn
- stop extracurricular activities, including school sports, during their modified quarantine



Talk to your school to learn more.



Find more information at cdph.ca.gov/covid19. Parents can learn more about school safety measures at schools.covid19.ca.gov/pages/parent-page.

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