

Suspected or Confirmed COVID-19 Flow Chart

I Have Symptoms of COVID-19
(see symptom list below)

Stay Home Until:

- You get results from a COVID-19 **PCR test** (not a rapid test)

-OR-

- 10 days after symptoms started or cleared by a physician

- If positive, follow the “I’m COVID-19 Positive with symptoms” column.

- If negative, stay home until fever free for 24 hours and symptoms have improved.

This applies to everyone regardless of vaccination status

I’m COVID-19 Positive with Symptoms

Stay Home Until:

- At least 5 days have passed since your symptoms started **AND**
- You have a negative **rapid antigen** COVID test collected on day 5 or later **AND**
- You have not had a fever for at least 24 hours **AND**
- Your symptoms are improving

-OR-

- Stay home for 10 days after your symptoms started **AND**
- You have not had a fever for at least 24 hours **AND**
- Your symptoms are improving

Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms started. A PCR test is not recommended for repeat testing following a COVID infection. An FDA approved home rapid antigen test is acceptable.

I’m COVID-19 Positive with NO Symptoms

Stay Home Until:

- At least 5 days have passed since the day your initial positive test was taken **AND**
- You have a negative **rapid antigen** COVID test collected on day 5 or later

-OR-

- Stay home for 10 days after your initial positive test was taken

Day 0 is the day your positive test was performed. A PCR test is not recommended for repeat testing. An FDA approved home rapid antigen test is acceptable.

COVID-19 Symptoms:

- Fever or Chills
- New Cough -not from asthma/ allergies
- Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea
- Vomiting
- Body aches
- Headache -especially with a fever
- Sore throat
- New loss of taste or smell

Wear a Mask for 10 days

You must wear a well-fitting mask over your nose and mouth when you are around others, **indoors and outdoors**, for a total of 10 days. This includes around household members.

- Adults should wear a well-fitting medical grade mask (surgical or respirator).
- Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

See ph.lacounty.gov/masks for more information

District COVID test location: Upland / Ontario Medical Clinic & Urgent Care
1520 N. Mountain Ave. Building F Suite 128, Ontario, Ca 91762, Ph: 909-949-9299

* **LA County COVID testing locations:** <https://covid19.lacounty.gov/testing/>

* **Isolation Instructions:** <http://publichealth.lacounty.gov/acd/ncorona2019/covidisolation/>

COVID-19 Exposure Flow Chart

*You are not required to quarantine if you have no symptoms AND you are up to date on your COVID-19 vaccines (either fully vaccinated and boosted, or fully vaccinated but not yet eligible for a booster). **You do not have to stay home but must get tested (PCR or rapid antigen) on Day 5, monitor for symptoms, and wear a mask at all times for 10 days.** Having recovered from COVID within the last 90 days no longer excludes a person from quarantine.*

I Had Close Contact with a COVID-19 Positive Person

Quarantine without Testing

Stay home. If you do not test, you can exit quarantine **on Day 11** after last exposure as long as no symptoms develop.

Day 0 is the day of last exposure to an infected person. Day 1 is the first full day after the last exposure.

Quarantine with Testing

Stay home. You can exit quarantine **on Day 6** after last exposure if no symptoms develop and a **negative COVID test** is performed **on Day 5**. (PCR or rapid antigen, an FDA approved home test is acceptable)

Day 0 is the day of last exposure to an infected person. Day 1 is the first full day after the last exposure.

In-School Modified Quarantine with 2 Tests

**Only allowed for students exposed in K-12 classes*
Not for exposures in Pre-K, sports, home or other settings*

Students with NO symptoms may continue to attend class then quarantine at home after school daily. They **MUST** be tested for COVID **twice** with a PCR or rapid antigen test. An FDA approved home test is acceptable.

- **Test #1:** as soon as possible when first notified.
- **Test #2:** **on Day 5** after last exposure.

The quarantine period ends **on Day 6** if both tests are negative and no symptoms develop.

*Day 0 is the day of last exposure to an infected person.
Day 1 is the first full day after last exposure.*

Monitor for symptoms for 10 days after your last exposure.

- If you develop symptoms, you must isolate immediately and get a PCR test.
- If your test is positive, continue to isolate. Follow the COVID-19 positive instructions. Your isolation period begins the day that your symptoms start.
- If your test is negative, you can leave home once you have completed your quarantine period and you have been fever-free for 24 hours.

Wear a mask while around others indoors and outdoors for 10 days after your last exposure.

- Adults should wear a well-fitting medical grade mask (surgical or respirator).
- Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

See ph.lacounty.gov/masks for more information.

What is a Close Contact?

You are a "close contact" if you were exposed to someone with COVID-19 while they were infectious if:

- You were **within 6 feet for a total of 15 minutes** during one day. –OR–
- You had unprotected contact with their body fluids and/or secretions (i.e. kissing, sneezing, coughed on, shared drinks or utensils.)

A person is considered infectious: from 2 days before their symptoms started until their 10 day isolation period ends, OR *if symptoms never develop*-from 2 days before their positive test until their 10 day isolation period ends.

If you live with or care for a person with COVID-19 and can't avoid close contact with them while they are still in isolation, you must quarantine (unless exempt as explained above). To calculate the quarantine time, use the infected person's isolation Day 10 as your last exposure day (your Quarantine Day 0).

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* Quarantine Instructions: <http://publichealth.lacounty.gov/acd/ncorona2019/covidquarantine/>

* Isolation Instructions: <http://publichealth.lacounty.gov/acd/ncorona2019/covidisolation/>