

SAFETY COMMUNICATION

— CDPH COVID-19 Update

On December 30, 2021, the California Department of Public Health (CDPH) updated its guidance on isolation and quarantine recommendations for COVID-19. The CDPH guidance aligns with timeframe recommendations from the Centers for Disease Control (CDC). Please check with your county health department to see if your local rules are different.

[Click here for the CDPH updated guidance.](#)

Furthermore, the Cal/OSHA COVID-19 ETS update dated December 16, 2021, stated under the Return-to-Work Criteria section, the period of time before an employee can return to work after close contact or COVID-19 infection has been revised to be consistent with current CDPH guidelines. **These time frames will automatically update if CDPH updates their guidelines pursuant to the Governor's Executive Order (N-84-20).**

[Click here for the COVID-19 Prevention Emergency Temporary Standards](#)

[Click here for the Governor's Executive Order \(N-84-20\).](#)

Below are some of the changes in the updated CDPH guidance including return-to-work criteria and masking requirements:

- **All employees who test positive for COVID-19 must isolate, regardless of vaccination status, previous infection, or lack of symptoms.** Isolation includes:
 - Stay home for at least 5 days.
 - Isolation can end after day 5 if symptoms are not present or are resolving, and a diagnostic specimen collected on day 5 or later tests negative.
 - If unable to test or choose not to test, and symptoms are not present or are resolving, isolation can end after day 10.
 - If a 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.
 - Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information).



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- **All employees who are exposed to someone with COVID-19 must quarantine if they are unvaccinated; or vaccinated and booster eligible but have not yet received their booster dose. (Note: This includes person previously infected with SARS-CoV-2, including within the last 90 days.)** Quarantine includes:
 - Stay home for at least 5 days after your last contact with a person who tested positive for COVID-19.
 - Test on day 5.
 - Quarantine can end after day 5 if symptoms are not present 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, quarantine can end after day 10.
 - Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
 - If testing positive, follow the isolation recommendation above.
 - If symptoms develop, test, and stay home.
- **All employees exposed to COVID-19 do not need to quarantine if they are both vaccinated and have received the booster shot; or vaccinated but not yet eligible for the booster shot.** They must follow the protocols below after exposure to someone with COVID-19:
 - Test on day 5.
 - Wear a well-fitting mask around others for 10 days, especially in indoor settings.
 - If testing positive, follow the isolation recommendations above.
 - If symptoms develop, test, and stay home.
- **Masking**
 - During the days following isolation or exposure, when masks are worn, all persons should optimize mask fit and filtration, ideally through the use of a surgical mask or respirator.

In addition to these recent changes, on January 7, 2022, the U.S. Supreme Court will hear oral arguments relating to the Fed/OSHA vaccine mandate or testing requirements. We do not know how long it will be until the US Supreme Court issues a decision, but we will continue to monitor the situation to see if the vaccine mandate or testing requirement is struck down or upheld by the Court.