

# COVID-19 isolation and quarantine instructions as of 12/30/21.

Thank you for visiting Dignity Health Mercy Medical Group. We hope you are feeling better soon. Most patients with COVID infections recover without incident, but there are some patients who have more serious infections, especially those unvaccinated, and/or with other chronic health conditions. *\*Guidance for Healthcare Personnel may differ. Talk to your employee health. \*Visit CDPH for the most recent guidance.*

## Isolation: If your COVID test is positive

- Please isolate at home for at least **5 days** from the day the test was collected (if asymptomatic) or 5 days from symptom onset (if symptomatic). After 5 days, if improved and fever free you can leave isolation **if a repeat test is negative**, but should continue to wear a mask around others (including household contacts) for 5 more days. **If unable or choosing not to test, then isolation continues for 10 days.** If you have a fever or symptoms persist at day 5, you should continue isolation until improving or day 10. Unfortunately, we are unable to accommodate testing for exposure, return to work, or for asymptomatic patients at this time.

## Quarantine unvaccinated/unboosted

- If you are eligible for a booster and haven't had one yet, or you are not fully vaccinated, you should stay home for **5 days** if you were exposed to someone with COVID-19. Then mask for 5 additional days around others including household contacts. **Test on day 5**, if negative, then you may leave quarantine. If positive, follow isolation instructions. **If unable or choosing not to test, then quarantine continues for 10 days.** If you develop symptoms during the 10 days, get tested and quarantine until a negative test result. We are unable to accommodate testing for exposure or for asymptomatic patients at this time.

## Quarantine vaccinated

- Current guidance for exposures in vaccinated individuals who have had a booster (if eligible) is to **mask around others for 10 days** (including household contacts). Then, test on day 5 from exposure, and continue to mask until results are known. Quarantine is not necessary if you remain asymptomatic. If you develop symptoms during those 10 days, test and stay home until results are known. We are currently unable to provide testing for exposure or for asymptomatic patients.

## If you develop any worsening symptoms

- Please call your doctor's office if you develop any worsening symptoms, shortness of breath, or fever persisting beyond 7-10 days. Call 911 if you have severe trouble breathing, chest pain, new confusion, or have difficulty arousing an ill family member. If you have a pulse oximeter, please contact us if your saturation is < 93%.

## Asymptomatic or repeat COVID testing

- For scheduling an asymptomatic or repeat test to end isolation/quarantine earlier than 10 days: you may use a home antigen test (available at many local pharmacies and Amazon), or contact:
  - [saccounty.gov/COVID-19/Pages/Symptom-Screening\\_MobileTestingSite.aspx](https://saccounty.gov/COVID-19/Pages/Symptom-Screening_MobileTestingSite.aspx)
  - Walgreens.com
  - CVS.com