

COVID-19 GUIDANCE AND RESOURCES

GENERAL PUBLIC



COVID-19 EXPOSURE

- Test 3-5 days after exposure.
- Mask for 10 days even if you have no symptoms.
- Monitor yourself for symptoms.

[CDPH What to Do If You Are Exposed to COVID-19](#)



POSITIVE COVID-19 TEST

- Seek treatment if you have symptoms.
- Isolate by staying home 5-10 days after positive test.
- Isolation can end after Day 5 if improvement in symptoms and no fever for 24 hours without the use of fever reducing medications.

[CDPH What to Do If You Test Positive for COVID-19](#)



MASKING

- Mask if you have coughing/sneezing/sore throat/runny nose.
- Mask if you have been exposed or are infected with COVID-19.
- Masks should be well-fitting and provide good filtration.

[CDPH Get the Most out of Masking](#)



BUSINESSES/EMPLOYERS

- Non-medical workplace employers will adhere to CalOSHA Emergency Temporary Standards.
- Employers will initiate Outbreak Response measures if three or more employees test positive within 14 days.

[CalOSHA Requirements](#)

[CDPH Workplace Hub](#)