

Close Contact and Quarantine Guidance

*Chronic Conditions

Must have a signed note from a licensed MD/DO/NP/PA (who manages the condition) and the note must: confirm the chronic diagnosis, cite any associated labs, include the date when diagnosed, include provider's contact information and explain how symptoms typically present as part of the chronic condition. The note must be accompanied by signed consent for the childcare provider to interact with MD/DO/NP/PA .

Quarantine Guidance

- Refrain from quarantine if you are fully vaccinated** and have no symptoms. CDC recommends a test 5-7 days after the day of last exposure.
- Refrain from quarantine and testing if you are within 90 days of a lab-confirmed diagnosis of COVID-19.
- If you are not fully vaccinated or are not within 90 days of a lab-confirmed diagnosis of COVID-19, you must quarantine for 14 days from the day of last exposure. Modified quarantine periods are currently not applicable to preschools or centers caring for children outside of a K-12 campus.
- In the workplace employers subject to the Cal/OSHA COVID-19 Prevention ETS must ensure that employees are following the current ETS face covering and testing requirements.

***People are considered fully vaccinated:*

2 weeks after their 2nd dose in a 2-dose series (Pfizer or Moderna) OR 2 weeks after a single-dose vaccine (J&J).

Even if you are eligible for a booster dose, a booster dose is not required to be considered fully vaccinated.

School-Aged Child Care Providers

Please Note: Preschools on K-12 campuses are not currently permitted to follow K-12 guidance as it is intended for school-aged children only

Not located on site at a K-12 school campus (public or private)

Programs providing care for school-aged children **may** be permitted to follow 10-day for staff and students exposed to COVID-19 as long as providers ensure close contacts continue to follow all non-pharmaceutical interventions through Day 14, as outlined in the SD County [Health Officer Order](#) on Quarantine. These precautions include symptom monitoring, consistent use of face coverings, and maintaining a distance of at least 6 feet from others. If all these requirements cannot or will not be met, 14-day quarantine is required.

Located on site at a K-12 school campus (public or private)

Programs providing care for school-aged children, should refer to the [K-12 COVID-19 Decision Tree](#) quarantine requirements for before-school and after-school activities.