

Frequently Asked Questions, cont.

3. Who is exempt from quarantine requirements?

Close contacts who do not have symptoms are not required to quarantine if they provide evidence that they:

- Are fully vaccinated
OR
- Have recovered from a lab confirmed case of COVID-19 and it has been 90 days or less since diagnosis.

If symptoms do occur, even people who are fully vaccinated, and those who have already had COVID-19 are required to self-isolate immediately and contact their health provider or San Diego County Public Health Services.

4. How long do I have to quarantine if a member of my household is COVID positive?

If I am not exempt from quarantine (as per Question 3 above) and there is ongoing exposure to a positive case, such as a household contact, and the case and contact continue to share a home, the close contact's quarantine will begin once the positive case's isolation period has ended. Typically, this is a period of 24 days (10-day isolation period + 14-day quarantine, with the 10th day being the contact's last day of exposure). If the COVID-19 positive person is not able to isolate in a separate residence, the county's [home isolation instructions](#) ([translations](#)) describe the specific requirements for isolation in a home occupied by others. If the person is able to comply with these instructions, quarantine of close contacts can begin when the COVID-19 positive person begins isolation.

5. Does the K-12 guidance apply to childcare settings serving preschool age children on school campuses?

No, CDPH has published guidance for each sector, K-12 in conjunction with Department of Education and Early Childhood Education in conjunction with Community Care Licensing. As K-12 and ECE serve different populations and have different methods of instruction, different precautions are needed in the ECE setting. The Childcare Decision Tree is based on the CDPH [Child Care Providers and Programs](#) guidance, [Cal/OSHA Emergency Temporary Standards](#), and the local [public health orders](#), pertinent executive orders, and answers received directly from the CDPH. CDPH has recently responded to feedback and now is allowing changes **only for childcare serving school age children located on K-12 campuses**, as reflected above. It is anticipated more changes will follow over time.

6. Is contact tracing required for attendees and staff in outdoor childcare settings?

Yes. For most unvaccinated persons who have had close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period) with someone with suspected or confirmed COVID-19, CDPH recommends the exposed person get tested and self-quarantine at home. CDPH does not make a distinction between indoor and outdoor exposure in accounting for the 15 minutes of exposure.