



County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 Emeline Ave., SANTA CRUZ, CA 95061-0962
TELEPHONE: (831) 454-4000 FAX: (831) 454-4488 TDD: Call 711

Public Health Division

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Contact: Jason Hoppin
Phone: Jason.Hoppin@santacruzcounty.us

SANTA CRUZ COUNTY ALIGNS WITH UPDATED I/Q GUIDANCE

Santa Cruz County, Calif. – Santa Cruz County Public Health has announced that the County will align with updated guidance from the California Department of Public Health reducing the duration of COVID-19 isolation and quarantine to five (5) days under certain circumstances.

For individuals testing positive for COVID-19, the 10-day isolation period may be reduced to five days if the individual has no symptoms or they are resolving, and the individual tests negative using a diagnostic specimen taken on the 5th day of isolation or later, preferably an antigen test. Those with ongoing fevers should continue isolation until symptoms resolve or until after day 10.

For individuals exposed to a known COVID-19 case and who are unvaccinated or are eligible to receive a booster but have not done so, the 10-day quarantine period may be reduced to five days if the individual has no symptoms and tests negative using a diagnostic specimen taken on the 5th day of quarantine or later, preferably an antigen test. For those who are unable to test and who have no symptoms, quarantine can end after day 10.

Individuals who are fully vaccinated and boosted and those that are fully vaccinated but not yet eligible for a booster do not need to quarantine following a known COVID-19 exposure unless they exhibit symptoms. For these individuals, testing is recommended after five days.

These updated guidelines do not apply to health care workers. Additional guidance for schools is expected to be forthcoming from CDPH. People leaving isolation or quarantine after five days following a negative COVID-19 test should continue wearing a tight-fitting mask around others for the full 10 days. The guidelines are available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

For a list of local testing locations, go to <https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome/SAVElivesSantaCruzCounty/GetTested.aspx>. For a fact sheet on over-the-counter (home) test kits, go to <https://testing.covid19.ca.gov/wp-content/uploads/sites/332/2021/12/Home-Testing-Information-Sheet.pdf>.

Vaccines remain the best protection against COVID-19, and everyone aged five and older are eligible. Boosters are strongly encouraged for those 16 and older who received their initial vaccines more than six months ago. For information on COVID-19 vaccine and a list of vaccine providers including local pop-up clinics, visit www.santacruzhealth.org/coronavirusvaccine.