



COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT

Michael Hill *Health Agency Director*

Penny Borenstein, MD, MPH *Health Officer/Public Health Director*

PROVIDER HEALTH ADVISORY

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Contact: Rick Rosen, MD, MPH, 805-781-5500, frosen@co.slo.ca.us

Update: COVID-19 Quarantine Guidelines

The County of San Luis Obispo Public Health Department has adopted updated guidance for COVID-19 quarantine, based on recommendations from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH).

Beginning this week, close contacts (less than 6 feet for at least 15 minutes) of those with COVID-19 will have two options for quarantine:

- **14-day quarantine:** This remains the safest and preferred option. CDC still recommends a quarantine period of 14 days for COVID-19, based on estimates of the upper bounds of the COVID-19 incubation period.
- **10-day quarantine:** Those who do not experience symptoms and do not live or work in high-risk settings such as skilled nursing facilities may discontinue quarantine after day 10 from the date of last exposure.

All contacts released from quarantine before day 14 must:

- Self-monitor for COVID-19 symptoms through day 14 and if symptoms occur, immediately self-isolate and contact their local public health department or healthcare provider and seek testing.
- Adhere strictly to all recommended [non-pharmaceutical interventions](#), including consistent use of face coverings and maintaining a distance of at least 6 feet from others, through day 14.

Note that based on the evidence and local situation, the County of San Luis Obispo Public Health Department will not be adopting the option of a 7-day quarantine plus negative test result. A negative test result will not change an individual's duration of quarantine.

If you face a critical health care workforce concern due to quarantine, contact Rick Rosen at 805-781-5500 or frosen@co.slo.ca.us.

County of San Luis Obispo Health Agency

2191 Johnson Avenue | San Luis Obispo, CA 93401 | (P) 805-781-5500 | (F) 805-781-5543

www.slopublichealth.org