



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

January 19, 2024

Dear Parents and Guardians:

Last week California Department of Public Health (CDPH) updated COVID-19 isolation and testing [guidance](#). This is an important milestone in the post-pandemic phase as we move away from a defined period of isolation to a symptom-based approach.

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Recommendations if you test positive for COVID-19:

1. **Stay home if you have [COVID-19 symptoms](#)** until you are fever-free for 24 hours without using fever reducing medication and symptoms are improving. Individuals are no longer expected to remain in isolation for a minimum of five days.
2. **Mask** when around other people indoors for the 10 days after you become sick or test positive.
3. **Avoid contact with people at [higher-risk](#) for severe COVID-19 for 10 days.**
4. **Discuss [treatment](#) with your healthcare provider.** For those at high risk for severe disease, prompt treatment significantly reduces risk of hospitalization. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5-7 days from when symptoms start.

Recommendation for close contacts of cases:

1. If you develop [COVID-19 symptoms](#), **test and use a mask** when around other people indoors
2. If you are at [higher risk](#) of severe COVID-19 infection and would benefit from treatment, you should test 3-5 days after exposure even if you do not have symptoms.

Childcare facilities and schools continue to follow [CDPH Schools Guidance](#) for infection prevention and control that mitigate the spread of communicable disease and support safe, in-person learning. In workplaces, employers are also subject to the [Cal/OSHA COVID-19 Prevention Non-Emergency Regulations](#). Both CDPH School Guidance and Cal/OSHA have been updated to match new Isolation and Quarantine guidance.

Of the many tools available to us to prevent the harm of infectious disease, vaccines are the most powerful. MCPH recommends everyone ages 6 months and older get an updated COVID-19 vaccine and a flu vaccine and at your healthcare provider or pharmacy. Find locations at vaccines.gov.

Thank you for your ongoing partnership and support.

Yours in health,

Matthew Willis, MD, MPH
Marin County Public Health Officer