

Yuba County and Sutter County COVID Decision Tree for Non-Healthcare Non-Congregate Exposures



Have you shared the same indoor airspace** (home, work, etc.) with a COVID-positive person for at least 15 minutes over a 24-hour period during their infectious period?

Yes

No

You are a close contact.
Do you have any symptoms*?

Yes

No

You are not a close contact. Continue to follow precautions.

Self-isolate and get tested for COVID-19 immediately (regardless of vaccination status). Remain in isolation while waiting for results. Antigen test preferred for those who have tested positive within the prior 90 days.

Have you been infected within the prior 90 days?

Test Positive

Test Negative

No

Yes

Did not Test for COVID-19

Isolate for 5 days and until symptoms improved, no fever for 24 hours, AND antigen test on day 5 or later is negative. **Contact your healthcare provider if symptoms are severe.** Inform close contacts since 2 days before your symptoms started that they were exposed. If unable to test on Day 5 or later, isolate for 10 days. Wear well-fitting mask around others for 10 days.

Regardless of vaccination status, test within 3-5 days after last exposure. Wear a well-fitting mask around others for total 10 days, especially indoors or around those at higher risk for severe COVID-19 disease.
If you test positive,

Do not need to be tested, quarantined, or excluded from work unless symptoms develop. If symptoms develop, self-isolate and test for COVID-19 immediately and follow instructions for symptomatic close contacts.

Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during first 1-2 days of symptoms. Wear a well-fitting mask around others for 10 days after symptoms onset.

Continue isolation for 10 days after days of symptom onset, and if cannot isolate, wear a well-fitting mask for 10 days.

*Symptoms of COVID-19 include fever, chills, cough, shortness of breath, headache, sore throat, body/muscle aches, runny or stuffy nose, loss of taste or smell, nausea, vomiting, or diarrhea.

**INDOOR AIRSPACE EXAMPLES: shared office space (same office building or room), sat in the same classroom, you live in the same household as an infected individual, etc. regardless of social distancing or masking.