

## Return to Work Summary (Effective 1/5/2022)

Per CDPH issued on December 30, 2021	Close contact	Tested positive, or have symptoms (pending result)
Unvaccinated; or Vaccinated and booster-eligible but not boosted	<ul style="list-style-type: none"> <li>Stay home for at least 5 days, after your last contact with a person who has COVID-19.</li> <li>Test on day 5 <b>after exposure</b>.</li> <li>Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.</li> <li>If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</li> <li>Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>If testing positive, follow isolation recommendations.</li> <li>If symptoms develop, <b>get test as soon as possible</b>, and stay home.</li> </ul>	<ul style="list-style-type: none"> <li>Stay home for at least 5 days of exposure.</li> <li>Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative.</li> <li>If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.</li> <li>If fever is present, isolation should be continued until fever resolves.</li> <li>If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.</li> <li>Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> </ul> <p>* Antigen test preferred.</p>
Vaccinated and not booster-eligible; or Vaccinated and boosted	<ul style="list-style-type: none"> <li>Test on day 5 <b>after exposure</b>.</li> <li>Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>If testing positive, follow isolation recommendations.</li> <li>If symptoms develop, <b>get test as soon as possible</b>, and stay home.</li> </ul>	

## Definition and Clarifications

<b>Booster Eligible:</b>	A person becomes booster-eligible: 6 months after 2 <sup>nd</sup> dose of Moderna or Pfizer; 2 months after J&J; 6 months after all recommended doses from a World Health Organization emergency use listing COVID-19 vaccines. ( <a href="#">CDPH</a> )
<b>Close Contact:</b>	Means being within six feet of a COVID-19 case for a cumulative total of 15 minutes or greater in any 24-hour period within or overlapping with the “high-risk exposure period” defined by this section. This definition applies regardless of the use of face coverings. ( <a href="#">Cal/OSHA</a> )
<b>COVID-19 Symptoms:</b>	Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, and/or Diarrhea ( <a href="#">CDC</a> )
<b>Face coverings:</b>	Means a surgical mask, a medical procedure mask, a respirator worn voluntarily, or a tightly woven fabric or non-woven material of at least two layers (i.e., fabrics that do not let light pass through when held up to a light source) that completely covers the nose and mouth and is secured to the head with ties, ear loops, or elastic bands that go behind the head. If gaiters are worn, they shall have two layers of fabric or be folded to make two layers. ( <a href="#">Cal/OSHA</a> )  A face covering is a solid piece of material without slits, visible holes, or punctures, and must fit snugly over the nose, mouth, and chin with no large gaps on the outside of the face. ( <a href="#">Cal/OSHA</a> )  A face covering does <b>not</b> include a scarf, ski mask, balaclava, bandana, turtleneck, collar, or single layer of fabric. ( <a href="#">Cal/OSHA</a> )
<b>Isolation:</b>	Separates those infected with a contagious disease from people who are not infected. ( <a href="#">CDPH</a> )
<b>Quarantine:</b>	Restricts the movement of persons who were exposed to a contagious disease in case they become infected. ( <a href="#">CDPH</a> )
<b>Well-Fitted Mask:</b>	(1) mask sure your mask fits snugly against your face, (2) Pick a mask with layers to keep your respiratory droplets in and others’ out. See <a href="#">CDC</a> for more information.



## COVID-19

We have the tools to  
**Fight Omicron**



Vaccines & Booster



Masks



Testing

# Improve How Your Mask Protects You

Updated Apr. 6, 2021

Correct and consistent [mask use](#) is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

## Two important ways to make sure your mask works the best it can

1

**Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask

2

**Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



For more information on wearing a mask and personal protective equipment in healthcare workplaces, see [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#).

## Do

### Choose a mask with a nose wire

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.



## Use a mask fitter or brace

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



## Check that it fits snugly over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.



## Add layers of material

### 2 ways to layer

- Use a cloth mask that has multiple layers of fabric.
- Wear a disposable mask underneath a cloth mask.
  - The cloth mask should push the edges of the disposable mask against your face.



## Make sure you can see and breathe easily

### Knot and tuck ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For instructions, see the following <https://youtu.be/GzTAZDsNBe0> .



## Other things to consider

Certain types of facial hair, like beards, can make mask fitting difficult. People with beards can do one or more of the following:

- Shave their beards.
- Trim their beards close to the face.
- Use a mask fitter or brace.
- Wear one disposable mask underneath a cloth mask that has multiple layers of fabric. The second mask should push the edges of the inner mask snugly against the face and beard.

Masks designed for people with beards are being evaluated, and information will be provided when it becomes available.



## Do NOT

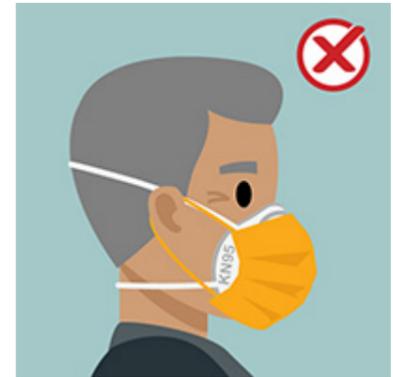
### Combine two disposable masks

- Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.



### Combine a KN95 mask with any other mask.

- Only use one KN95 mask at a time.



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### Related Pages

- › [Your Guide to Masks](#)
- › [Types of Masks and Respirators](#)

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