



Health Advisory

January 12, 2024

Updated COVID-19 Isolation and Testing Guidance

Earlier this week, the California Department of Public Health (CDPH) updated the COVID-19 isolation guidance. COVID-19 and other respiratory virus levels remain high in our region, and the updated guidance aligns COVID-19 mitigation with common practice for other respiratory viruses. The revised isolation guidance no longer recommends five days of isolation and instead focuses on clinical symptoms to determine when to end isolation. The recommendations are:

- Those who test positive for COVID-19 should isolate until they have not had a fever for 24 hours without using fever-reducing medication AND other COVID-19 symptoms are mild and improving.
- If an individual tests positive but has no symptoms, there is no recommendation to isolate, but they should still follow recommendations regarding masking for 10 days when around others.

Although COVID-19 is still very much circulating in our community, CDPH is making these recommendations because of the decreased rates of severe COVID-19 related disease including hospitalizations and deaths due to increased immunity resulting from prior exposure to COVID-19 and vaccinations. The Fresno County Department of Public Health (FCDPH) is encouraging Medical Providers to provide their patients with the following steps to prevent COVID-19:

- Getting vaccinated with the updated COVID-19 vaccine.
- Wear a well-fitting mask if they are around others that present with respiratory symptoms.

Provide all your eligible patients with the updated COVID-19 vaccine, if available in your office. If the vaccine is not available in your office provide your patients with resources on where to obtain the vaccine.

The updated COVID-19 isolation guidance does not apply to healthcare personnel. Healthcare personnel in general acute care hospital, acute psychiatric hospital, and skilled nursing facilities should follow recommendations as set forth in the [All Facilities Letter 21-08.9: Guidance on Quarantine and Isolation for Healthcare Personnel](#).

Categories of Health Alert Messages:

Health Alert: Conveys the highest level of importance; warrants immediate action or attention

Health Advisory: Provides important information for a specific incident or situation; may not require immediate action

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action

Health Information: Provides general health information which is not considered to be of emergent nature

Promotion, preservation and protection of the community's health

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Please see the following information below regarding the COVID-19 isolation guidance:

- [COVID-19 Isolation Guidance](#)
- [COVID-19 Isolation Questions and Answers](#)

The COVID-19 testing guidance includes updated information on testing recommendations for asymptomatic exposed people and post exposure recommendations. For more information on the full guidance, visit:

- [Updated COVID-19 Testing Guidance](#)

The 'State Public Health Officer Order for COVID-19 Disease Control and Prevention' has also been revised:

- [Order of the State Public Health Officer Beyond Blueprint \(ca.gov\)](#)
- [Public Health Order Questions and Answers: COVID-19 Disease Control and Prevention \(ca.gov\)](#)