



## Alameda County Public Health Department:

### Confirmed COVID-19 and SARS-CoV-2 Positive Testing Process for Schools, Child Care Programs and Extracurricular Programs

**Updated January 6, 2021**

1. **Preparedness Guidance: Assign staff within your district, school, child care or extracurricular program to track and report confirmed COVID-19 cases. This assigned staff (i.e. school nurse(s) or student service(s) staff) will be your COVID Liaisons with Alameda County Public Health Department (ACPHD).** Develop a communication protocol for the COVID Liaisons to notify the relevant program, school, and district staff of a confirmed COVID-19 case. Prepare a letter that communicates this information to your school, child care programs, and extracurricular programs community, such as the parents and staff at the impacted site and partner organizations. When you develop your communication, be mindful of:
  - Confidentiality when releasing details about the case. Balancing privacy with transparency is critical.
  - Prepare a template notification letter that can easily be tailored to different cases. Translate the template letter into languages based on the identified need of each school site, district, child care programs, and extracurricular programs.
  - Have proper messaging for different audiences: messages to those at impacted sites may differ from public messages.
  - Avoid messages that stigmatize a site or group of people.
  - Decide who will be informed and in what order, such as:
    - The District's Senior Leadership team
    - Board Members
    - Union leadership (if applicable)
    - Staff at the impacted site
    - Families of students at the impacted site
    - The School, Child Care or Extracurricular programs partner organizations.
  
2. **Confirmation**
  - Obtain medical documentation that a confirmed COVID-19 case has occurred.



### 3. Internal notification

- The school, child care program, extracurricular program and partner organization staff should immediately notify the COVID-19 Liaisons of confirmed COVID-19 cases.
- The COVID Liaisons should notify the relevant child care program, extracurricular program, school, district staff, and school Superintendent about confirmed COVID-19 cases.

### 4. Notification to ACPHD

- COVID Liaisons can notify ACPHD by email or phone, Monday-Friday 8:30 am-5:00 pm.
  - Advise the COVID Liaisons to email [safelearning@acgov.org](mailto:safelearning@acgov.org) and/or call (510) 268-2101 if the district, school, child care program or extracurricular program has a confirmed COVID-19 case.
  - ACPHD will provide guidance and will answer any questions you have about the ACPHD COVID-19 contact investigation process.
  - Please use the form [here](#) to report a confirmed or suspected COVID-19 case in a child and/or youth setting (school, child care, organization, etc.) and any associated contacts.
  - **ONLY** report COVID-19 cases that have been **onsite at the facility during their infectious period** within the past 14 days.
    - Cases are infectious from 2 days before symptoms begin and remain infectious for 10 days after the date that symptoms began.
    - If a case did not have any symptoms, they are infectious from 2 days before and 10 days after the date that the specimen was collected which later tested positive for SARS-CoV-2 (SARS-CoV-2 is the virus that causes COVID-19).
  - Please complete a separate form for each confirmed or suspected COVID-19 case. Before completing this form be sure to have a list of the COVID-19 case's **close contacts** ready to input into the form or upload. **In accordance with [HIPAA Privacy and Security Rules](#), all the information provided in this form will remain confidential. Note the information you provide will NOT impact immigration status.**



5. **Identify the exposed** cohort and group(s) that must receive contact notification.

- Please refer to the **Protocols for the Onset of COVID-19 Symptoms, and for Close Contact with an Individual Testing Positive for SARS-CoV-2 in a School, Child Care Setting or Extracurricular Setting** on page 4 of this document.
- Identify the dates that the case was at the school and/or program facility while infectious.
  - Cases are infectious from 2 days before symptoms begin and remain infectious for 10 days after the date that symptoms began.
  - If a case did not have any symptoms, they are infectious from 2 days before and 10 days after the date that they had a specimen collected (usually a swab) for SARS-CoV-2 testing (SARS-CoV-2 is the virus that causes COVID-19).
- Determine when the quarantine period begins for exposed contacts.
  - Quarantine should begin the day after the last exposure to the case, while the case was infectious.
  - Quarantine is required for a minimum of 10 days. Note that though a quarantine period of 10 days is the minimum required, 14 days of quarantine is still the safest option. Furthermore, all individuals ending quarantine before Day 14 should adhere strictly to all recommended non-pharmaceutical interventions, including wearing face coverings at all times, maintaining a distance of at least 6 feet from others, and self-monitor for COVID-19 symptoms through Day 14.
  - If the child, student or staff member has regular **close contact** with anyone at [high risk for severe disease](#), then 14 days of quarantine is required.

6. **Prepare the exposure letter to send** to parents and staff. Provide the **date** for when the quarantine period begins. Please see Appendix A for the Exposure letter template.



## Alameda County Public Health Department Protocols for the Onset of COVID-19 Symptoms, and for Close Contact with an Individual Testing Positive for SARS-CoV-2 in a School, Child Care Setting or Extracurricular Setting

### Table 1. Definition of Frequently Used Terms

**A Medical Evaluator is defined as a Physician, Nurse Practitioner, or Certified Physician Assistant**

#### **SARS-CoV-2 is the virus that causes COVID-19**

**Exposed Group:** The exposed group includes all members of the COVID-19 positive case's ("Case") stable cohort(\*) (children, students and staff) and any additional individuals known to have been in close contact(\*\*) with the case (within 6 feet for  $\geq 15$  minutes) during the case's infectious period.

**\*A cohort is a stable group with a fixed membership that stays together for all courses and activities (e.g., lunch, recess, etc.) and avoids contact with other persons or cohorts.**

**\*\*Close contact:** Close contact means that the child or student was within **6 feet of a COVID positive person for 15 minutes or longer** (this includes multiple shorter periods in the same day that add up to 15 minutes) **EVEN IF** both the child or student and the other person were wearing masks. **Close contact** can also mean that the child or student had a briefer but major exposure to the COVID positive person's respiratory droplets. For example, the sick person coughed directly on the child or student. Note that in some school situations, it may be challenging to determine if individuals have met these criteria, and an entire cohort, classroom, or group may need to be considered **exposed**. This is especially true if time together was spent indoors.



**Alameda County Health Care Services Agency  
Public Health Department**

[www.acphd.org](http://www.acphd.org)

Public Health Department: Main Line (510) 267-8000

COVID-19 Information: (510) 268-2101

Colleen Chawla, Director  
Kimi Watkins-Tartt, Director  
Nicholas Moss, MD, Interim Health Officer

**Isolation** separates sick people with a contagious disease from people who are not sick. (Centers for Disease Control and Prevention, “CDC” definition). An infographic that explains Isolation can be viewed [here](#). You will also find this infographic at the end of this document in Appendix B.

**Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. (Centers for Disease Control and Prevention, “CDC” definition). Frequent Asked Questions (FAQ) about Quarantine can be viewed [here](#). You will also find this FAQ at the end of this document in Appendix C.



**Table 2. Protocols for the Onset of COVID-19 Symptoms, and for Close Contact with an Individual Testing Positive for SARS-CoV-2 in a School, Child Care Setting or Extracurricular Setting**

	Action	Cohort/School remains
<p><b>Scenario 1:</b>            A child, student, or staff member exhibits COVID-19 symptoms, such as answering yes to a health screening question or has a temperature of 100°F (37.8°C) or above.</p>	<p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• Send the child, student, or staff member home.</li> <li>• Isolate child, student, or staff member in a separate room or designated area, away from other children, students and staff, pending pick up from the facility.</li> <li>• Advise the staff member, or the parent or guardian of the child, or student to contact their healthcare provider and to consider SARS-CoV-2 testing.</li> <li>• Advise the staff member, or the parent or guardian of the child, or student to share their test results with the school administrator as soon as possible:               <ul style="list-style-type: none"> <li>○ If <b>positive</b>: follow Actions in <a href="#">Scenario3</a></li> <li>○ If <b>negative</b>: follow Actions in <a href="#">Scenario4</a></li> </ul> </li> <li>• Advise symptomatic staff member, or parent of symptomatic child or student to follow isolation instructions, unless COVID-19 is ruled out by a Medical Evaluator. Isolation instructions can be found <a href="#">here</a>.</li> <li>• Refer symptomatic individuals to find community testing <a href="#">here</a>.</li> </ul>	<p><b>OPEN</b></p> <p><b>Communication:</b>  <b>No action needed</b></p>



Table 2. Protocols		
	Action	Cohort/School remains
<p><b>Scenario 2:</b>            A member of the child, student, or staff’s household, or someone in close contact with child, student, or staff member tests positive for SARS-CoV-2.</p>	<p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• Send the child, student, or staff member home.</li> <li>• Advise the parent or guardian of the child, student, or staff member to follow quarantine instructions for a minimum of 10 days. Note that though a quarantine period of 10 days is the minimum required, 14 days of quarantine is still the safest option. Furthermore, all individuals ending quarantine before Day 14 should adhere strictly to all recommended non-pharmaceutical interventions, including wearing face coverings at all times, maintaining a distance of at least 6 feet from others, and self-monitor for COVID-19 symptoms through Day 14.</li> <li>• If the child, student or staff member has regular <b>close contact</b> with anyone at <a href="#">high risk for severe disease</a>, then 14 days of quarantine is required. Quarantine instructions from ACPHD can be viewed <a href="#">here</a>.</li> <li>• Advise the parent or guardian of the child, student, or staff member to contact their healthcare provider and to consider SARS-CoV-2 testing.</li> </ul>	<p><b>OPEN</b></p> <p><b>Communication:</b>  <b>No action needed</b></p>



	<ul style="list-style-type: none"> <li>• Refer individuals to find community testing resources <a href="#">here</a>.</li> </ul>	
<p><b>Scenario 3:</b>          A child, student, or staff member tests positive for SARS-CoV-2 .</p>	<p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• Contact the Alameda County Public Health Department and let them know, email <a href="mailto:safelearning@acgov.org">safelearning@acgov.org</a> or call <b>510-268-2101</b></li> <li>• Advise the SARS-CoV-2 positive child, student, or staff member to follow isolation instructions. Isolation instructions can be viewed <a href="#">here</a>.</li> <li>• Advise <b>cohort members, close contacts, and household members</b> of the SARS-CoV-2 positive child, student, or staff member to follow quarantine instructions for a minimum of 10 days, to contact their healthcare provider and to consider SARS-CoV-2 testing. Note that though a quarantine period of 10 days is the minimum required, 14 days of quarantine is still the safest option. If the child, student or staff member has regular <b>close contact</b> with</li> </ul>	<p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• <b>Cohort Quarantines for at least 10 days from the date of last exposure.</b></li> <li>• <b>Close contacts quarantine for at least 10 days from date of last exposure.</b></li> <li>• <b>School/Program remains open</b></li> </ul>



**Alameda County Health Care Services Agency**  
**Public Health Department**  
[www.acphd.org](http://www.acphd.org)

Colleen Chawla, Director  
Kimi Watkins-Tartt, Director  
Nicholas Moss, MD, Interim Health Officer

Public Health Department: Main Line (510) 267-8000

COVID-19 Information: (510) 268-2101

	<p>anyone at <a href="#">high risk for severe disease</a>, then 14 days of quarantine is required. Quarantine instructions from ACPHD can be viewed <a href="#">here</a>.</p>	
--	---	--



Table 2. Protocols		
	Action	Cohort/School remains
	<ul style="list-style-type: none"> <li>Find community testing resources <a href="#">here</a>.</li> <li><b>Properly clean and disinfect classroom and primary spaces where the SARS-CoV-2 positive child, student or staff member spent significant time (&gt;15 minutes).</b> Cleaning and disinfecting guidance can be found <a href="#">here</a>.</li> </ul>	<p><b>Communication:</b></p> <ul style="list-style-type: none"> <li>Complete and send <b>template exposure letter</b> to cohort (see Appendix A)</li> <li>Consider school wide or program notification of a known case (<b>see process document page 1</b>)</li> </ul>
<p><b>Scenario 4:</b>          Child, student, or staff member is isolated because of COVID-19 symptoms. While they are isolating, they receive a negative test result for SARS-CoV-2 and want to return to school or the program before the 10 days of isolation have passed.</p>	<p>They may return if:</p> <ul style="list-style-type: none"> <li>The child, student, or staff member is feeling better (symptoms do not have to be completely resolved), <b>AND</b></li> <li>There have been at least 24 hours with no fever, without the aid of taking medicines to lower a fever, such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin), <b>AND</b></li> <li>The child, student, or staff member consults a medical evaluator (a doctor, a nurse practitioner, or a certified physician assistant) to determine the significance of their symptoms. The medical evaluator will need to provide a letter indicating</li> </ul>	<p><b>Open</b></p> <p><b>Communication: No action needed</b></p>



	<p>that (1) the child’s symptoms are <b>NOT</b> due to COVID- 19, <b>AND</b> (2) the SARS-CoV-2 test was negative (the program is <u>not allowed</u> to require disclosure of the alternative diagnosis), <b>BUT</b></p> <ul style="list-style-type: none"><li>• If it is <b>not</b> possible for the child, student, or staff member to consult a medical evaluator, <b>then they must obtain a SARS-CoV-2 negative test result indicating that a molecular test or a PCR was performed.</b></li></ul>	
--	---	--



Table 2. Protocols		
	Action	Cohort/School remains
<p><b>Scenario 5:</b>            Child, student, or staff member has been isolated because of symptoms and wants to return to the program before 10 days have passed without a SARS-CoV-2 test.</p>	<p>If <b>No SARS-CoV-2</b> test they may return if:</p> <ul style="list-style-type: none"> <li>• The child, student, or staff member is feeling better (symptoms do not have to be completely resolved), <b>AND</b></li> <li>• There have been at least 24 hours with no fever, without the aid of taking medicines to lower a fever, such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin), <b>AND</b></li> <li>• The child, student, or staff member consults a medical evaluator (a doctor, a nurse practitioner, or a certified physician assistant) to determine the significance of their symptoms. The medical evaluator will need to provide a letter indicating that the child, student, or staff member’s symptoms are <b>NOT</b> due to COVID- 19 (the program is <u>not allowed</u> to require disclosure of the alternative diagnosis).</li> </ul>	<p><b>Open</b></p> <p><b>Communication: No action needed</b></p>



<p><b>Scenario 6:</b>          While a child, student, or staff member is in quarantine following exposure to a case, they receive a negative test result for SARS-CoV-2.</p>	<p><b>Action</b></p> <ul style="list-style-type: none"> <li>The child, student or staff member needs to follow quarantine instructions. Quarantine instructions from ACPHD can be viewed <a href="#">here</a>.</li> </ul> <p><b>If the child, student or staff member has not had symptoms, gets tested and the SARS-CoV-2 test is negative:</b></p> <ul style="list-style-type: none"> <li>They must remain in quarantine for 10 days because they may develop symptoms and/or become infectious to others at any time during these 10 days. However, if they are in regular <b>close contact</b> with anyone at <a href="#">high risk for severe disease</a>, then 14 days of quarantine is required. Quarantine instructions from ACPHD can be viewed <a href="#">here</a>.</li> </ul> <p><b>For those who do not develop symptoms:</b></p> <ul style="list-style-type: none"> <li>For children and students testing is recommended but not required.</li> </ul>	<p><b>Open</b></p> <p><b>Communication: No action needed</b></p>
---	---	--



Table 2. Protocols		
	Action	Cohort/School remains
	<ul style="list-style-type: none"> <li>• Advise Parents to discuss the pros and cons of testing with their child’s healthcare provider.</li> <li>• For teachers and staff ACPHD recommends testing for SARS-CoV-2 4-10 days after the last exposure to the COVID-19 case</li> </ul>	

### Frequently Asked Questions

**1. What should a school, child care program, or extracurricular program do while a sick child, student, or staff member is waiting for SARS-CoV-2 test results or if they are not being tested?**

In this situation, a school cohort, child care program, or extracurricular program should close if there is strong clinical suspicion that the person undergoing testing will test positive for SARS-CoV-2. All members of the same cohort should be told to self-quarantine until test results are available. It is advised that you quarantine the cohort and close contacts if:

- The suspected case is symptomatic following exposure to a confirmed case.
- There is no known exposure, but there are two of the following symptoms:
  - Fever (measured or subjective)
  - Chills
  - Rigors
  - Myalgia



Public Health Department: Main Line (510) 267-8000

COVID-19 Information: (510) 268-2101

- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose
- There is no known exposure, but there is one of the following symptoms:
  - Cough
  - Shortness of breath
  - Difficulty breathing
  - New olfactory disorder
  - New taste disorder

**You can decide** to either quarantine the cohort and close contacts or not if:

- There are symptoms, but they do not meet the above criteria and there is no known exposure.

Please refer to the **close contact** definition above for determining exposure. If the child, student or staff member has highly specific symptoms of COVID-19, please call the department of public health for a consult. Email [safelearning@acgov.org](mailto:safelearning@acgov.org) or call Alameda County Public Health Department (ACPHD) at **510-268-2101** with any questions that you may have. Closing decisions should be made in consultation with ACPHD.

## 2. Does a sibling of a child who is home with COVID-19 symptoms need to Quarantine?



**Alameda County Health Care Services Agency  
Public Health Department**

[www.acphd.org](http://www.acphd.org)

Public Health Department: Main Line (510) 267-8000

COVID-19 Information: (510) 268-2101

Colleen Chawla, Director  
Kimi Watkins-Tartt, Director  
Nicholas Moss, MD, Interim Health Officer

No, not necessarily. If the child or student that is home with symptoms meets the above criteria for a strong clinical suspicion of a positive case than yes, the sibling of the child or student and all close contacts should quarantine. However, if the child or student that is home does not meet the above criteria for a strong clinical suspicion of a positive case, then the siblings does not need to quarantine.

## **Appendix A: Exposure Letter Template**



**Template Letter for STAFF, or for PARENT or GUARDIAN of student or child. To be placed on school/facility/program letterhead**

Date: Click or tap here to enter text.

Dear: Click or tap here to enter text.

Click or tap here to enter text. May have been exposed to a person with COVID-19 who was present at Click or tap here to enter text., from the dates of Click or tap here to enter text.. We are working closely with the Alameda County Public Health Department (ACPHD).

**WHAT YOU SHOULD DO**

- **Stay home and do not have any visitors. You or the child or student** will be under home quarantine through the **dates of** Click or tap here to enter text.. Quarantine is for at least 10 days after the date of exposure at Click or tap here to enter text., unless there is regular **Close Contact** with someone at [high risk for severe disease](#), then 14 days of Quarantine after the date of last exposure is required. View the quarantine FAQ [here](#) for quarantine instructions.
- Monitor **yourself or the child or student** for fever or COVID-19 symptoms through the **dates of** Click or tap here to enter text.. **Please monitor for:**
  - Fever (Alameda County defines a fever as greater than 100°F/37.8°C)
  - Cough
  - Shortness of breath
  - Any other symptoms such as chills, body aches, fatigue, sore throat, headache, runny nose or nasal congestion, loss of taste or smell, nausea, vomiting or diarrhea. More information about symptoms can be viewed [here](#).
- **If** Click or tap here to enter text. becomes sick, has a fever, or develop any of the symptoms listed above, please contact your healthcare provider to see if testing for SARS-CoV-2 is recommended.
- Even if no symptoms are developed, ACPHD recommends that teachers, school, or program staff obtain SARS-CoV-2 testing 4-10 days following exposure.
  - If you, the child or student test **NEGATIVE** for SARS-CoV-2, you must still stay in home quarantine for a minimum of 10 days



through the **dates of** [Click or tap here to enter text.](#)

- If you, the child or student test POSITIVE for SARS-CoV-2, follow isolation instructions and stay home and away from others for 10 days with at least 24 hours of symptom improvement.
- More information about what to do if you are sick with COVID-19 symptoms can be viewed [here](#).
- Parents and guardians of children or students are advised to discuss the pros and cons of testing with the child's healthcare provider.
- **If** [Click or tap here to enter text.](#) requires urgent medical attention, please call the healthcare facility where you will be seen **BEFORE** you leave home and tell them that you may have been exposed to COVID-19. If you have a medical emergency and you need to call 911, notify the dispatcher that you may have been exposed to COVID-19.

#### **PEOPLE AT HIGHER RISK OF SEVERE COVID-19 INFECTION**

- Older adults and people with **serious medical conditions like heart disease, diabetes, lung disease, or a weakened immune system** may become seriously ill with COVID-19.
- **If** [Click or tap here to enter text.](#) **is in a higher risk group, please review the CDC guidance** [here](#).

**If you have any questions, please call the Alameda County Public Health Department at 510-268-2101.**



## Appendix B: Isolation Infographic

### Tips **When Can I Leave Isolation?**

If you are sick or think/know you have COVID-19:



Stay home in isolation, away from others for at least 10 days



On day 10 ask yourself if both of these are true.

In the past 24 hours:

- I have had no fever
- My symptoms have improved



If both are true then you can leave isolation on day 11\*



If not true, stay in isolation until true

If you tested positive for COVID-19 but never had ANY symptoms:



Stay home in isolation away from other for 10 days



On day 11 you can leave isolation

*You do not need a negative test to leave isolation or return to work*

\*A small number of people should isolate for 20 days when told to do so by their doctor



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

Contact

Public Health Department:  
(510) 267-8000 Main Line

COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

01/05/2021

When Can I Leave Isolation?



## Appendix B: Quarantine FAQ

### FAQs

#### How Long Should I Stay in Quarantine?



### FAQs

#### How Long Should I Stay in Quarantine?



The California Department of Public Health has released updated [COVID-19 quarantine guidance](#) based on the CDC's guidance.

The Alameda County Health Officer Order on quarantine can be found [here](#).

#### What is quarantine?

Quarantine keeps someone who might have been exposed to SARS-CoV-2, the virus that causes COVID-19, away from others.

#### Who needs to quarantine?

[Close Contact](#) means that you were **within 6 feet of a COVID-19 positive person for a total of 15 minutes or longer**, EVEN IF both of you were wearing masks. Shorter periods that add up to 15 minutes on the same day also count. Close Contact can also mean that you had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on you.

A person who has had COVID-19, or tested positive for SARS-CoV-2, does NOT need to quarantine or get tested again for up to 3 months after the end of isolation, as long as they don't have [symptoms](#). Anyone who develops symptoms within 3 months may need to be tested again and should contact their healthcare provider.

#### Should I get testing during quarantine?

If symptoms develop during quarantine, you should get tested. Even if you do not develop symptoms, ACPHD recommends testing for SARS-CoV-2 between 4 and 10 days after a Close Contact.

#### Who should quarantine for 14 days?

A quarantine period of 14 days is still the **safest** option. This is especially important if you are in regular Close Contact with anyone at [high risk for severe disease](#), such as someone who is immunocompromised. If you live or work in any of the following places, you must quarantine for 14 days after your last exposure:

- Long-term care facilities (LTCF) <sup>1</sup>
- Correctional facilities
- Single Room Occupancy (SRO) hotels
- Dormitories Shelters for unhoused persons

The last day of Close Contact with an infected person is called "Day 0". If you have no symptoms and your test is negative (if tested), your 14-day quarantine ends on Day 15. For example, if your last Close Contact was on January 1st, the first day of quarantine is January 2nd and the last day is January 15th.

<sup>1</sup> LTCF experiencing a critical staffing shortage during an outbreak should consult with ACPHD for additional quarantine guidance

#### Who can end quarantine after 10 days?

If you are not in regular Close Contact with anyone at high risk for severe disease AND you have not had any symptoms, you may end quarantine 10 days after your last exposure. For example, if your last Close Contact was on January 1st, the first day of a 10-day quarantine is January 2nd and the last day is January 11th.

If you quarantine for less than 14 days, you MUST:

1. Monitor yourself for COVID-19 symptoms for the full 14 days. If you develop symptoms, immediately self-isolate, contact your healthcare provider, and get tested.
2. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

#### Who can end quarantine after 7 days?

During a **critical staffing shortage**<sup>2</sup> health care personnel (HCP), emergency response workers, and social service workers who work face-to-face with clients in the child welfare system or in assisted living facilities may return to work 7 days **after their last exposure**. You MUST have a negative PCR test performed after Day 5 AND not have had any [symptoms](#) of COVID-19. For example, if the last Close Contact was on January 1st, the first day of a 7-day quarantine is January 2nd and the last day is January 8th, with testing done after January 6th.

<sup>2</sup>Critical staffing shortages occur when there are no longer enough staff to provide safe patient, resident, or inmate care. When a critical staffing shortage occurs in a health care setting, facilities should strongly consider cancelling non-essential visits and procedures, adjusting staff schedules, cancelling, or delaying employee leave, hiring additional HCP, and rotating HCP to positions that support patient care activities. More information on critical staffing shortages can be found in CDC's [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#). Health Care Personnel are defined as persons, both paid and unpaid, working in patient care areas who could be exposed to infectious agents (e.g., blood, tissue, body fluids as well as contaminated equipment, surfaces, or air). HCP should be considered exposed at work using CDC's [Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19](#).

Here are some exceptions:

1. If you work in a health care setting **experiencing an outbreak** (i.e., suspected or confirmed transmission), ACPHD may recommend that you quarantine for the full 14 days.
2. If you work in a setting where you care for **severely immunosuppressed patients** (e.g., those with bone marrow or solid organ transplants or undergoing chemotherapy), you should be reassigned temporarily and complete the full 14-day quarantine.

If you quarantine for less than 10 days, you MUST:

1. **Wear a surgical face mask at all times while at work for the full 14 days.**
2. Monitor yourself for COVID-19 symptoms for the full 14 days. **If you develop symptoms, immediately self-isolate, contact your healthcare provider, and get tested.**
3. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

*During critical staffing shortages, some people working in the public safety sector (for example, law enforcement and firefighter EMTs) may need to return to work before the end of quarantine. For more information about these special situations, please see [Alameda County Health Officer Order 20-06](#).*



#### ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

Contact  
Public Health Department:  
(510) 267-8000 Main Line  
COVID-19 Information:  
(510) 268-2101  
[www.acphd.org](http://www.acphd.org)

Ver: 12-28-2020

How Long Should I Stay in Quarantine?