



## What is quarantine?

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

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| <b>Quarantine</b>    | <ul style="list-style-type: none"> <li>Unvaccinated</li> </ul>                                                               | <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>Quarantine can end after Day 5 if you remain asymptomatic.                         <ul style="list-style-type: none"> <li>On Day 5 or after, you should test for COVID-19 prior to ending quarantine</li> <li>If test is positive, follow isolation recommendations</li> <li>If unable to test or choose not to test, it is best to quarantine through day 10.</li> </ul> </li> <li>Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidelines below for additional information).</li> <li>If you develop symptoms, stay home and test, if possible. If you cannot test or your test is positive, follow isolation recommendations.</li> </ul>                          |
| <b>NO Quarantine</b> | <ul style="list-style-type: none"> <li>Fully Vaccinated</li> <li>Prior COVID-19 infection within the last 90 days</li> </ul> | <ul style="list-style-type: none"> <li>Test on Day 5.                         <ul style="list-style-type: none"> <li>If test is positive, follow isolation recommendations</li> <li>Exception: You do not need to get tested for up to 90 days following a COVID-19 infection.</li> </ul> </li> <li>Wear a well-fitting mask around others for 10 days, especially in indoor settings (see masking guidance below for additional information).</li> <li>If you develop symptoms, stay home and test, if possible. If you cannot test or your test is positive, follow isolation recommendations.</li> <li>Persons who live, work, or regularly visit settings that are considered high-risk for severe COVID-19 spread or have vulnerable populations (example: nursing homes, jails, homeless shelters) should follow additional guidance from the facility.</li> </ul> |

### Note (4/18/22):

Alameda County Local Health Jurisdiction continues to follow CDC guidelines that are stricter than those currently adopted by the California Department of Public Health and City of Berkeley, which is an independent local health jurisdiction. The guidance above lists the minimum requirements of Alameda County, though risk of transmission may exist past 5 days. Staying away from others for 10 days continues to be the safest option.

For information on vaccines or eligibility for booster doses, please visit: [www.bit.ly/Vx-Eligible](http://www.bit.ly/Vx-Eligible)

### Masking Guidance:

Wearing a well-fitting mask is essential to protecting others through 10 days after your exposure.

For information on how to use masks most effectively, please refer to this link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>



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