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FOR CASES AND CONTACTS

GENERAL ISO/QUAR PACKET

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

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

COVID-19 information includes:

- COVID-19 updates and guidance from the Alameda County Public Health Department
- Information about COVID-19 cases and quarantines
- Links to resources for COVID-19

Public Health Department

For more information, visit www.acphd.org

FOR CASES AND CONTACTS - ENG 2 ver: 10-28-2021

COVID-19 Information: (510) 268-2101

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

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

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG

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ver: 10-28-2021
For Cases and Contacts

General ISO/Quar Packet

- Always COVID-19 friendly: Follow COVID-19 precautions. Do not attend in-person gatherings or activities. Use personal protective equipment when in public spaces. Stay home if you are feeling ill or have been in contact with someone who has COVID-19.

- If you have COVID-19 symptoms, call your healthcare provider. Do not attend in-person gatherings or activities. Use personal protective equipment when in public spaces. Stay home if you are feeling ill or have been in contact with someone who has COVID-19.

- If you have been exposed to someone with COVID-19, call your healthcare provider. Do not attend in-person gatherings or activities. Use personal protective equipment when in public spaces. Stay home if you are feeling ill or have been in contact with someone who has COVID-19.

- If you have been hired as a contact tracer, please contact your healthcare provider. Do not attend in-person gatherings or activities. Use personal protective equipment when in public spaces. Stay home if you are feeling ill or have been in contact with someone who has COVID-19.

COVID-19 Information: (510) 268-2101

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

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

www.acphd.org

COVID-19 Information: (510) 268-2101

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG

ver: 10-28-2021
• COVID-19 department information: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

PUBLIC HEALTH DEPARTMENT
www.acphd.org

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

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG
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GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG
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Colleen Chawla, Director
Kimi Watkins-Tartt, Director
Nicholas Moss, MD, Health Officer

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

• Instruct cases and contacts to isolate at home at least until they:
  • Are fever-free for 24 hours without use of fever-reducing medications
  • Are asymptomatic

• Instruct cases and contacts to check with their healthcare provider before:
  • Leaving the house
  • Returning to work

• Case and contact may return to work after:
  • They have been fever-free for 24 hours without the use of fever-reducing medications

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG
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ver: 10-28-2021
Colleen Chawla, Director
Kimi Watkins-Tartt, Director
Nicholas Moss, MD, Health Officer

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

- COVID-19 or flu-like symptoms among household members or close contacts?
- Contact Public Health Department 7 days a week, 24 hours a day:
- 911 for emergency
- 510-268-2101 for COVID-19
- ncov@acgov.org

- Difficulty breathing
- Pressure or pain in chest
- Blush lips or face
- Confused or hard to wake
- Other serious symptoms

For people with COVID-19:
- Call Public Health Department, (510) 268-2101
- Close household contacts:
- www.acphd.org
- ncov@acgov.org

For patients with fever:
- Call 911 immediately
- www.acphd.org
- ncov@acgov.org

For general information:

www.acphd.org
Nicholas J. Moss, MD, MPH, Director

COVID-19 Information: (510) 268-2101

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

FOR CASES AND CONTACTS

GENERAL ISO/QUAR PACKET
GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG 11

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

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

www.acphd.org

Nicholas Moss, MD,
Health Officer

Public Health Department: Main Line (510) 267-8000
COVID-19 Information: (510) 268-2101

www.acphd.org

Nicholas Moss, MD,
Health Officer
COVID-19 Information: (510) 268-2101

www.acphd.org

Nicholas Moss, MD, Health Officer

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

Colleen Chawla, Director
Kimi Watkins-Tartt, Director

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - ENG

ver: 10-28-2021
### General Information

**COVID-19 Information:**
- **Main Line:** (510) 267-8000
- **Information:** (510) 268-2101

<table>
<thead>
<tr>
<th>General Instructions</th>
</tr>
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<tbody>
<tr>
<td>• COVID-19 symptoms are usually mild.</td>
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</tr>
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**General Instructions**

- COVID-19 symptoms are usually mild.
- Symptoms typically include fever, cough, and shortness of breath.

**Medical Advice**

- Individuals with symptoms should rest, stay hydrated, and consult a healthcare provider.
- Individuals with severe symptoms should seek medical attention immediately.

**Case Isolation Details**

- Individuals who test positive for COVID-19 should isolate for 10 days from the first day of symptoms.
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**Follow-up Information**

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<th>Organization</th>
<th>Program</th>
<th>Contact Information</th>
</tr>
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| Cameron Park Housing Corporation                                             (CA Covid-19 Rental Relief)                                  | 1-833-430-2122  
https://housing.ca.gov/rental-assistance-overview.html#rental-relief    |
| Alamida County Social Services SSA                                           (Alamada County Emergency Rental Assistance Program) | https://www.ac-housing.org/rental-relief/rental-relief.html             |
| HELP (Help and Emergency Lodging Program)                                   (HELP (Help and Emergency Lodging Program))    | 510-259-2200  
https://www.ofwemergencyfund.org/help                                    |
| Catholic Charities East Bay                                                 (Catholic Charities East Bay)                             | 510-768-3100; 510-860-2119  
www.ceb.org                                                                 |
| Season of Sharing                                                            (Season of Sharing)                                               | 510-272-3700  
https://seasonofsharing.org/                                              |
| One Fair Wage Emergency Fund                                                 (One Fair Wage Emergency Fund)                             | https://ofwemergencyfund.org/help                                    |
| The Unity Council                                                            (The Unity Council)                                             | 510-535-6101  
admin@unitycouncil.org                                                      |
| Centro Legal de la Raza                                                     (Centro Legal de la Raza)                                  | https://www.centrolegal.org/                                    |
| Street Level Health Project                                                  (Street Level Health Project)                                 | 510-306-4835;  
http://streetlevelhealthproject.com                                        |
| PG&E                                                                         (PG&E)                                                   | 1-800-933-9677  
PG&E (Care)                                                                |
| EBMUD                                                                         (EBMUD)                                                  | 1-866-403-2683  
EBMUD (Care)                                                               |
| Spectrum Community Center                                                    (Spectrum Community Center)                                  | 510-881-0300  
https://www.spectrumcenterc.org/                                           |
<table>
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<tr>
<th><strong>Organization/Agencies</strong></th>
<th><strong>Contact Information</strong></th>
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</thead>
<tbody>
<tr>
<td>Alameda County Food Bank</td>
<td>510-635-3663 (Mon-Sat 9am-5pm; Sun 9am-1pm) <a href="http://www.foodnow.net">www.foodnow.net</a> <a href="http://www.comidaahora.net">www.comidaahora.net</a></td>
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<tr>
<td>Medi-CAL (Alameda)</td>
<td>1-800-422-9495 <a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a></td>
</tr>
</tbody>
</table>

**COVID-19 Resources**

Colleen Chawla – [Email: ncov@acgov.org](mailto:ncov@acgov.org)
Kimi Watkins-Tartt – [Email: covid19@acgov.org](mailto:covid19@acgov.org)
Nicholas Moss, MD – [Email: covid19@alamedahealthsystem.org](mailto:covid19@alamedahealthsystem.org)