



Home Isolation and Quarantine Instructions for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

Updated September 10, 2021

What is the difference between Isolation and Quarantine?

1. ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home. If you have a lab confirmation, or a doctor's diagnosis, of COVID-19, you are subject to Health Officer Order of Isolation at: <https://covid-19.acgov.org/isolation-quarantine>
2. QUARANTINE keeps a person who was in close contact with someone who has COVID-19 away from others. If you are a household member or close contact to a person with COVID-19, you are subject to Health Officer Order of Quarantine at: <https://covid-19.acgov.org/isolation-quarantine>
3. For asymptomatic employees and health care personnel being tested as part of routine workplace testing, it is not necessary to isolate while awaiting test results. Isolation is required, however, for any positive test result and for anyone tested because of suspected COVID-19 symptoms.



HOME ISOLATION INSTRUCTIONS

If you have been diagnosed with COVID-19 you must follow these Home Isolation steps to prevent the spread of disease. If you test positive, you *may* receive a call from us, your local health department, to see how you are feeling and to conduct contact tracing. If you have been tested because of suspected COVID-19 symptoms and are awaiting test results, follow these Isolation instructions until the test results arrive.

Stay home until you are recovered

- Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a healthcare provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease, or a weakened immune system, you are at a higher risk of more serious illness or complications.
- Do not go to work, school, or public areas.
- **Stay home until you meet all 3 of these criteria:**
 - **At least 10 days since symptoms first appeared**
 - **At least 24 hours with no fever, without the use of fever reducing medications (for example, Tylenol or ibuprofen)**
 - **Other symptoms (for example, cough, shortness of breath, etc.) of COVID-19 are improving**
For example, if you started to feel sick with COVID-19 on January 1st, you would stay in isolation through January 11th, and be able to go back to work or school on January 12th, as long as you no longer have a fever and feel better.
- If you never became ill but have a positive test for SARS-CoV-2, the virus that causes COVID-19, stay home for at least 10 days after the date of your test.
- People in your home, your intimate partners, and caregivers are considered “close contacts” and should follow the **Home Quarantine Instructions**. This includes persons who had close contact with you from 48 hours before your symptoms began until you isolated yourself. Please share this document with them. For more information on who counts as a [close contact](https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/close-contact-infographic-eng-2020.10.12.pdf), visit <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/close-contact-infographic-eng-2020.10.12.pdf>

What if you can't separate yourself from others?

An unvaccinated person who continues to be in close contact, for example a caretaker, will need to extend their quarantine cycle with day 0 being the last day they had close contact with you while you are in your isolation period.

Are there special considerations for health care workers, including people who work in long term care facilities (LTCF) like nursing homes or assisted living facilities?



Health care workers with severe to critical illness (for example, stayed overnight in a hospital) or who are severely immunocompromised (for example, undergoing chemotherapy), may need to wait up to 20 days after symptoms first appeared before returning to work. Consult your health care provider or ACPHD for additional guidance if you fall into this category and have questions about how long you need to stay in isolation.

Can someone develop a second infection from COVID-19?

It is possible to develop a second infection, but this is very rare, especially if less than 90 days have passed since the first symptoms of COVID-19 or you first tested positive.

- If you have recovered from a COVID-19 infection and develop new symptoms, it is best to talk to a health care provider. The provider may recommend getting a new test, especially if more than 90 days have passed since your first symptoms began or you first tested positive.
- If you do not have any new symptoms but have a positive test result within 90 days since the first symptoms or positive test for COVID-19, you do not need to isolate, and your close contacts do not need to quarantine. Make sure to monitor yourself and see a health care provider if you do develop symptoms.
- If you are exposed to another person who has COVID-19 within 90 days after recovering from your own infection, you do not have to quarantine. However, you should monitor yourself for symptoms for 14 days. If any new symptoms of illness develop during those 14 days, isolate yourself immediately and contact your health care provider.

Should I get vaccinated even if I had COVID-19 in the past?

- If you currently have COVID-19 or a positive test for SARS-CoV-2, you should wait to be vaccinated until your symptoms have resolved (if you have symptoms) and until you have finished your isolation period.
- If you had COVID-19 in the past, you should still get vaccinated when you are eligible to do so, since it is unclear how long the immunity that comes from infection will last.
- If you had COVID-19 AND were treated with monoclonal antibodies or convalescent plasma within the last 90 days, talk to your healthcare provider about when you should get vaccinated. Guidance from the CDC can be found at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

HOME QUARANTINE INSTRUCTIONS

If you live in the same household OR had close contact with someone diagnosed with COVID-19 (including contact within 48 hours *before* they experienced any symptoms until they self-isolated) you must follow these Home Quarantine steps. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. It is critical to stay home and monitor your own health during this time to prevent passing on potential infection to others.



What makes someone a close contact?

- Close contact means that you've been within 6 feet of the person with COVID-19 for at least 15 minutes, regardless of whether either person was wearing a face covering, or touched body fluids or secretions without using the appropriate precautions.
- Cumulative exposures that add up to 15 minutes or more within a day may be considered close contact depending on intensity of exposure (for example, did the person have multiple interactions in a confined space with a symptomatic COVID-19 infected person).

An unvaccinated person who continues to be in close contact, for example a caretaker, will need to extend their quarantine cycle with day 0 being the last day they had close contact with a positive case while they are in their isolation period.

How long should you stay home?

It is recommended for all close contacts to get tested for COVID-19. For most unvaccinated people, there are two options for determining the length of your quarantine. Please note day of exposure is considered day 0. See section on next page if you are fully vaccinated.

Option 1: You should stay home for 10 days following exposure if you are not getting a COVID test.

Option 2: You should stay home for 7 days and can release on day 8 if you have a negative COVID test (test must occur on day 5 or later). If your result is positive, or you develop any symptoms of COVID, you must immediately isolate and contact your healthcare provider or the public health department for isolation guidance.

Who must quarantine for a full 14 days?

People should stay home for 14 days if they are in regular close contact with someone who is at higher risk of severe COVID-19 disease, such as someone with cancer or type II diabetes, or if they live or work in a congregate facility. Congregate facilities include:

- Residential Treatment Facilities
- Mental Health Rehabilitation Facilities
- Correctional Facilities
- Skilled Nursing Facilities
- Residential Care Facilities for the Elderly
- Adult Residential Care Facilities
- Assisted Living
- Memory Care Assisted Living
- Intermediate Care Facilities
- Long-term Acute Care Facilities

Please note the Health Officer may instruct residents in other congregate settings to quarantine for 14 days on a case-by-case basis.

Some essential workers may return to work earlier. During critical staffing shortages, health care personnel,



emergency workers, and social service workers who have routine face-to-face contact with clients in the child welfare system or in assisted living facilities— may return to work after Day 7, as long as they have a negative PCR test performed after Day 5. During critical staffing shortages, these same workers may also return to work *before* Day 7 but must test negative by PCR multiple times on different days before Day 7 (for example, negative PCR test on Day 3 and negative PCR test on Day 5).

See the Alameda County COVID-19 website for more information at <https://covid-19.acgov.org/isolation-quarantine#quarantine>.

How long should an unvaccinated K-12 student quarantine?

An unvaccinated student in a school setting may receive permission from the student’s school/district to follow any of the quarantine options in the COVID-19 Public Health Guidance for K-12 Schools in California (2021-22 School Year) document, set forth by the California Department of Public Health. **Please follow-up with your school to confirm your school’s quarantine guidance.**

- FAQ: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Schools-FAQ.aspx>
- Comprehensive Guidance: (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>).
- Additional Resources: <https://www.acoe.org/schoolguidance>

Do vaccinated people need to quarantine?

- Vaccinated people with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:
 - It has been at least 2 weeks since your final vaccine dose—final vaccine dose means the 2nd dose in a 2-dose series (such as Pfizer, Moderna, or a WHO-authorized vaccine like Covishield or AstraZeneca), or one dose of a single-dose vaccine (Johnson & Johnson).

AND

- Have no symptoms of COVID-19 since the last close contact
- For example, if Alex received her 2nd dose of the Moderna vaccine on January 1st, and had close contact on March 31st with someone who later tested positive for COVID-19, Alex does not need to quarantine. However, she should continue to monitor for symptoms of infection for two weeks, through April 14th. If she does develop symptoms during that time, she should immediately go into isolation and contact her health care provider.
- Even without symptoms, vaccinated people are encouraged to test 3-5 days after their exposure to a COVID-19 case.



Should you be tested?

- If you can safely access testing, we do recommend that contacts be tested. Please note that a negative test result does not mean that you cannot become positive later during the 14-day period after an exposure. You must stay home in quarantine and follow the release strategies discussed earlier in this document.

What if you develop symptoms?

- COVID-19 symptoms include 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, or diarrhea.

If you develop symptoms, you may have COVID-19 and you should follow the Home Isolation Instructions. Make sure to contact a health care provider and get tested if possible.



Restrictions and Information Applying to Both Those in Home Isolation and Quarantine

- Stay home. Do not go to work, school, or public areas.
- Separate yourself from others in your home as much as possible and wear a face covering when in the presence of others. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home.
- Do not use public transportation, ride shares or taxis.

Prevent the spread:

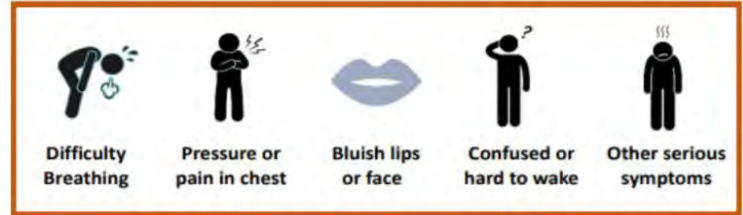
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trash can and immediately wash your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Avoid sharing household items. Do not share dishes, cups, utensils, towels, bedding and other items with people in your home. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, fixtures, toilets, phones, TV remotes, keys, keyboards, tables, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.

Practice home care:

- Rest, drink plenty of fluids, take acetaminophen (Tylenol®) to reduce fever and pain.
 - Note that children younger than age 2 should not be given any over-the-counter cold medication without first speaking with a doctor.
 - Note that medicines do not “cure” COVID-19 and do not stop you from spreading the germs.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.



- **Symptoms that indicate you should seek medical care immediately include increased difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. This list does not include all possible symptoms.** Please call your medical provider for any other symptoms that are severe or concerning to you.



- If possible, call ahead before going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms and wear a facemask at all times if possible.
 - If you call 911, you must notify the dispatch and paramedics that you are under isolation or quarantine for COVID-19.
 - Do NOT use public transportation.

Will public health notify my workplace?

Public Health will not notify or release any personal information about you to your workplace *unless* it is necessary to protect your health or the health of others.

Thank you for your cooperation in this important public health matter.

CDC tips for coping with stress during a pandemic:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Expanded versions of these instructions and all Health Officer Orders are available at:

<https://covid-19.acgov.org/isolation-quarantine>

If you have additional questions, please visit www.acphd.org, call our general COVID line at 510-268-2101 or email us at ncov@acgov.org.



TO: All Employers in Alameda County
FROM: Nicholas J. Moss, MD, MPH, Health Office
SUBJECT: Return to Work Guidelines for Cases and Close Contacts

The Alameda County Public Health Department (ACPHD) is committed to ensuring the health and safety of everyone who lives or works in Alameda County. We appreciate your compliance with State and local requirements for workplace safety, including requiring the use of face coverings, ensuring everyone stays 6 feet apart, conducting regular symptom checks, and supporting sick employees in staying home.

COVID-19 is widespread in our community and you may have employees who get the virus. Per our Health Officer Orders, people with COVID-19 are required to stay home and away from others in isolation for at least 10 days. On day 11, if they no longer have a fever and other symptoms have improved, they can leave isolation and return to work. **ACPHD strongly recommends employers allow people with COVID-19 to return to work 10 days after symptom onset (or from first positive test if no symptoms).**

Vaccinated people who are not experiencing symptoms do not need to quarantine but should monitor for symptom development for 14 days. Unvaccinated people in close contact with someone with COVID-19 are required to stay home in quarantine. There are two options for determining the length of quarantine.

Option 1: You should stay home for 10 days following exposure if you are not getting a COVID test.

Option 2: You should stay home for 7 days and can release on day 8 if you have a negative COVID test (test must occur on day 5 or later). If your result is positive, or you develop any symptoms of COVID, you must immediately isolate and contact your healthcare provider of the public health department for isolation guidance.

Most people in close contact with someone with COVID-19 are required to stay home in quarantine for at least 10 days after the last date of contact. On day 11, if they never developed symptoms, they could leave quarantine and return to work. Some groups should adhere to a 14-day quarantine; this includes people who are in close contact with persons at high risk of severe disease of COVID-19 (for example, patients with type II diabetes or undergoing cancer treatment), as well as people who live or work in congregate facilities (for example, jails, and nursing homes). We advise against requiring a negative test to return to work for people who have completed their **quarantine**.

These recommendations are the public health standard based on scientific evidence and guidance from the California Department of Public Health (CDPH) and the federal Centers for Disease Control and Prevention (CDC). Repeat testing for people who have previously tested positive is not necessary – it has little clinical value; and the evidence is clear that the vast majority of people are unlikely to be infectious after 10 days.

Negative clearance tests are not an effective way to determine if a person is contagious, as very sensitive tests can pick up on dead virus particles weeks after a person has stopped being contagious. Clearance testing also strains the healthcare infrastructure. **ACPHD does not provide clearance letters for people to return to work and notes from doctors or medical providers are also not advised.**

Thank you for your cooperation and the important role that you play in keeping our communities safe.



Alameda County Health Care Services Agency
Public Health Department
www.acphd.org

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

Resources for additional information:

- CDPH - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Links for More Information

- Everything that has to do with Isolation of a Case and Quarantine of Contacts in Alameda County, including Health Office Orders and Instructions for Isolations and Quarantine
<https://covid-19.acgov.org/isolation-quarantine.page>
- Release from Isolation Infographic
<https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/when-can-i-leave-isolation-2021.02.08-eng.pdf>
- CDPH Guidance on Quarantine for Health Care Personnel Exposed to SARS-CoV-2
<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>
- CDC graphic regarding difference between Quarantine and Isolation
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>
- Resources for employers in Alameda County
<https://covid-19.acgov.org/recovery.page>



Definitions

<p>Case</p>	<ul style="list-style-type: none"> • A person who is lab-confirmed to have COVID-19 • Must stay in isolation and kept out of the workplace for at least ten (10) days. During the last 24 hours of their isolation, they must have no fever without taking Tylenol or other medications that could reduce a fever, and all other symptoms must be consistently improving. If a person meets all of these criteria, they are considered no longer infectious. If they do not meet all of these criteria, they need to remain in isolation until the criteria are met. They may release themselves from isolation and return to life as normal. This includes going back to work.
<p>Contact</p>	<ul style="list-style-type: none"> • All household members of a case, caregivers of a case, or any other person who spent ≥ 15 minutes within 6 feet of a case during the case's infectious period (with or without a mask). • A <u>contact</u> is someone who has been <i>exposed</i> to a case during the infectious period. The CDC defines an exposure as being within 6 feet, with or without a mask, of the infected individual for 15 minutes or longer. Cumulative exposures that add up to 15 minutes or more within a day may be considered close contact.
<p>Infectious Period</p>	<ul style="list-style-type: none"> • The time period during which a case may give the virus to others – when they are contagious. <ul style="list-style-type: none"> ○ START of Infectious Period: 48-hours prior to first symptoms (symptomatic cases only), OR 48-hours prior to date of specimen collection (cases with no symptoms only). ○ END of Infectious Period: Minimum of 10 days, no fever within the last 24 hours, and other symptoms improving.
<p>Incubation Period</p>	<ul style="list-style-type: none"> • The time between when a contact is exposed until they develop symptoms (or could potentially develop symptoms) <ul style="list-style-type: none"> ○ Incubation period length: 2-14 days following an exposure (exposures can be ongoing)

Alameda County Resources

Resources to Help



Financial Resources

Organization	Info:	Contact
Bay Area Community Services (BACS)	Assistance with rental relief fund (Oakland, Hayward, and Emeryville residents)	510 613-0330
Spark Point (Stay Housed Program)	Rental subsidy program (Hayward, Union City, Newark, Fremont residents)	510-574-2003
Catholic Charities East Bay	Rental Assistance for Oakland residents	510-768-3100; 510-860-4985 www.cceb.org
One Fare Wage Emergency Fund	Cash gifts to hourly workers	https://ofwemergencyfund.org/help
The Unity Council	EDD and CalFresh assistance, utility and housing assistance, and job-related services. (English, Spanish and Mam language)	(510) 535-6101 Email: admin@unitycouncil.org ; www.unitycouncil.org/career-center
Season of Sharing	Rent & deposit assistance for families	510-272-3700; https://seasonofsharing.org/
HELP (Help & Emergency Lodging Program)	Rent & deposit assistance for single adults	(510) 259 2200; email: HoEmLodgP@acgov.org
Alameda County Social Services SSA	General Assistance (GA) and Refugee Cash Assistance (RCA)	510-263-2420 https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm
Centro Legal de la Raza	Emergency Rental Assistance for Alameda County residents affected by Covid-19 and other resources.	https://www.centrolegal.org/ 510-437-1554
Street Level Health Project	Assistance with AC/Oakland Emergency rental assistance application (English, Spanish and Mam Language capacity)	(510) 306-4835; http://streetlevelhealthproject.org/
CA Dept of Social Services (CDSS)	Cash Assistance Program for Immigrants (CAP)	916-651-8848; https://www.cdss.ca.gov/benefits-services
Housing Resources	Help paying rent & others	Call 211; http://211alamedacounty.org/
Fremont FRC Financial Navigation Services	Supports residents to access programs to manage financial concerns	510-574-2000; https://finnav.org/alameda
PG&E	One-time bill assistance, payment arrangement and extensions (Reach Program)	1-800-933-9677 PG&E discount (Care Program)
EBMUD Customer Assistance Program	Water bill assistance	1-866-403-2683; https://www.ebmud.com/customers/billing-questions/financial-assistance/customer-assistance-program/
Spectrum Community Center	Energy bill assistance (LIHEAP Program)	510-881-0300 ex. 216 & 510-881-0300 ex.226 https://www.spectrumcs.org/

Alameda County Resources

Resources to Help



Food Resources

Organization	Contact
Alameda County Community Food Bank	Food Helpline & CalFresh application: 510-635-3663 (Monday – Friday 9am – 4pm) Food Locator: www.foodnow.net and www.comidaahora.net
Food Distribution Services	https://covid-19.acgov.org/covid19-assets/docs/food-housing-finance/food-access-resource-list-2020.09.30.pdf
CalFresh Food Program	CalFresh Application Helpline: 1-510-272-3663 or www.getcalfresh.org Supplemental Nutrition Assistance Program (SNAP); https://www.mybenefitscalwin.org/ ; 1-800-422-9495

Health Insurance and Medication Resources

Organization/Info	Contact
Health Insurance Enrollment Assistance (Medi-CAL and other programs)	1-800-422-9495 https://www.mybenefitscalwin.org/ ; http://alamedasocialservices.org/public/index.cfm ;
Locate a doctor or health clinic close to you	https://www.alamedahealthconsortium.org/health-center/ 510 297-0230; http://www.alamedahealthsystem.org/locations/

Emotional Support/Counseling:

Organization	Contact
Alameda County Behavioral Health ACCESS	From 8:30-5:00 M-F 1-800-491-9099
Crisis Support Services of Alameda County (24 hours)	1-800-273-8255 https://covid-19.acgov.org/coping.page
Family Paths Helpline (24 hours)	1-800-829-3777



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
Email: ncov@acgov.org
www.acphd.org