



Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<p>If you have tested positive for COVID, you will need to isolate regardless of vaccination status or lack of symptoms.</p>	<ul style="list-style-type: none"> • Stay home for at least 5 days. • Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic test (antigen preferred) is negative. • If unable to test or choose not to test, it is best to isolate through Day 10. • If fever is present, isolation should continue until fever has resolved for at least 24 hours (without the use of fever-reducing medications, such as Tylenol/ibuprofen). • If other symptoms are not resolving, continue to isolate until symptoms are resolving or until after Day 10. • Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidance below for additional information). • Contact your medical provider to see if you are at high risk for severe COVID disease and qualify for COVID treatments. You can learn more at https://covid-19.acgov.org/antibody-treatment

Note:

The guidelines above reflect the most recent recommendations by CDC and CDPH (California Department of Public Health). They are available to you as an option, though risk of transmission may exist past 5 days. Isolating away from others for 10 days continues to be the safest option.

Masking Guidance:

Wearing a well-fitting mask is essential to protecting others through 10 days after your infection starts. You can learn more information on how to get the most protection from masks at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>



**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

How Long Should I Stay in Quarantine?



What is quarantine?

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

Quarantine	<ul style="list-style-type: none"> Unvaccinated 	<ul style="list-style-type: none"> Stay home for at least 5 days, after your last contact with a person who has COVID-19. Quarantine can end after Day 5 if you remain asymptomatic. <ul style="list-style-type: none"> ➤ On Day 5 or after, you should test for COVID-19 prior to ending quarantine ➤ If test is positive, follow isolation recommendations ➤ If unable to test or choose not to test, it is best to quarantine through day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidelines below for additional information). If you develop symptoms, stay home and test, if possible. If you cannot test or your test is positive, follow isolation recommendations.
NO Quarantine	<ul style="list-style-type: none"> Fully Vaccinated Prior COVID-19 infection within the last 90 days 	<ul style="list-style-type: none"> Test on Day 5. <ul style="list-style-type: none"> ➤ If test is positive, follow isolation recommendations ➤ Exception: You do not need to get tested for up to 90 days following a COVID-19 infection. Wear a well-fitting mask around others for 10 days, especially in indoor settings (see masking guidance below for additional information). If you develop symptoms, stay home and test, if possible. If you cannot test or your test is positive, follow isolation recommendations. 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.

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

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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Alameda County Resources

Resources to Help



Financial Resources

Organization	Info:	Contact
CA Covid-19 Rent Relief	Funding to help income-eligible households pay rent and utilities, both for past due and future payments.	1-833-430-2122 https://housing.ca.gov/covid_rr/program_overview.html#renter
Alameda County Emergency Rental Assistance Program	Help income-eligible households pay up to 15 months of rent and utilities, both for past due and future payments.	https://www.ac-housingsecure.org/
HELP (Help & Emergency Lodging Program)	Provides ONE-TIME emergency assistance to Alameda County residents to prevent homelessness and transition to permanent housing.	510-259 2200 email: HoEmLodgP@acgov.org To apply, complete this online application
Alameda County Social Services SSA	General Assistance (GA), Refugee Cash Assistance (RCA), Cash Assistance Program for Immigrants (CAPI) provide relief and support to those who qualify.	510-263-2420 https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm
Catholic Charities East Bay	Rental Assistance for Oakland residents	510-768-3100; 510-860-4985 www.cceb.org
Season of Sharing	Rent & deposit assistance for families	510-272-3700; https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing
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
Centro Legal de la Raza	Emergency Rental Assistance for Alameda County residents and other resources.	https://www.centrolegal.org/ 510-437-1554
Street Level Health Project	Assistance with CA Covid-19 Rent Relief Application & resources. Languages: English, Spanish & Mam (Mayan)	(510) 306-4835; http://streetlevelhealthproject.org/
Housing Resources	Information on accessing shelters, transitional housing, and other emergency housing in Alameda County	Call 211; http://211alamedacounty.org/
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;
Spectrum Community Center	Energy bill assistance (LIHEAP Program)	510-881-0300 ex. 216 & ex.226 https://www.spectrumcs.org/

Alameda County Resources

Resources to Help



Food Resources

Organization	Information	Contact
Alameda County Food Bank	Helpline will connect you to a source for groceries or a hot meal the same day you call. Cal Fresh application assistance.	510-635-3663 (Monday –Friday 9am –4pm) Food Locator: www.foodnow.net and www.comidaahora.net
Food Distribution Services	List of food resources including school-based meals and special shopping hours via links on the list.	https://covid-19.acgov.org/covid19-assets/docs/food-housing-finance/food-access-resource-list-2021.06.21.pdf
CalFresh	CalFresh is a Supplemental Nutrition Assistance Program (SNAP) that provides assistance for households to purchase nutritious food.	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
Family Paths Helpline (24 hours)	1-800-829-3777



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