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

COVID-19 Information: (510) 268-2101

GENERAL ISO/QUAR PACKET
FOR CASES AND CONTACTS - TIG

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General ISO/Quar Packet

For Cases and Contacts

The following two COVID-19 Home Isolation (Home Isolation) or Home Quarantine (Home Quarantine) options are available: home isolation and home quarantine. For home isolation, individuals with mild illness should stay home and isolate themselves. For home quarantine, individuals with moderate to severe illness should stay home and quarantine themselves. Both options require strict adherence to isolation and quarantine protocols.

For more information, please visit the Alameda County Health Care Services Agency website at acgov.org/covid19. For questions, please call the Public Health Department at (510) 267-8000 or (510) 268-2101.

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

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

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

Colleen Chawla, Director
COVID-19 Information: (510) 268-2101

FOR CASES AND CONTACTS

GENERAL ISO/QUAR PACKET

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

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PUBLIC HEALTH DEPARTMENT

Colleen Chawla, Director
Kim Watkins-Tattt, Director
Nicholas Moss, MD, Health Officer

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

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**COVID-19 (COVID-19) in 2019**: A virus that is causing illness in humans. It is spread through respiratory droplets from coughing or sneezing. The virus can also be spread through contact with infected surfaces. Symptoms can include fever, cough, shortness of breath, and fatigue. Stay home if you have symptoms or have been exposed to someone with symptoms. For more information, visit the CDC website: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

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**HOME QUARANTINE INSTRUCTIONS**

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Public Health Department
www.acphd.org

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COVID-19 Information: (510) 268-2101

- If you or someone you know tested positive for COVID-19, please call the hotline number 1510-268-2101.

- If you have symptoms of COVID-19, please call the hotline number 1510-268-2101.

COVID-19 Information: (510) 268-2101

Alameda County Health Care Services Agency

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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

For cases and contacts, please visit https://covid-19.acgov.org/isolation-quarantine.

For general information, please visit the Alameda County Health Care Services Agency website.

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

Additional resources:
- Alameda County Health Care Services Agency

COVID-19 Information:

- For COVID-19 cases and contacts, please visit Alameda County Health Care Services Agency website.
- For general information, please visit the Alameda County Health Care Services Agency website.

For COVID-19 cases and contacts, please visit https://covid-19.acgov.org/isolation-quarantine.

For general information, please visit the Alameda County Health Care Services Agency website.

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

Additional resources:
- Alameda County Health Care Services Agency

COVID-19 Information:

- For COVID-19 cases and contacts, please visit Alameda County Health Care Services Agency website.
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For COVID-19 cases and contacts, please visit https://covid-19.acgov.org/isolation-quarantine.

For general information, please visit the Alameda County Health Care Services Agency website.

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

Additional resources:
- Alameda County Health Care Services Agency
• Always wash your hands and wear a mask.
• Use an alcohol-based hand sanitizer (if you can’t wash your hands). (face covering)
• Clean and sanitize all surfaces in the household. (sanitizer)

Health Officer:
Nicholas Moss, MD

Director:
Colleen Chawla, MD

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

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This page contains information on COVID-19 and quarantine procedures. It is divided into sections for recommendations and guidelines, with a focus on self-care and stress management. The document is written in English and includes contact information for the Alameda County Health Care Services Agency, Public Health Department.
Alameda County Health Care Services Agency
Public Health Department
www.acphd.org

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

February 26, 2021

From: Kimberly Moss, MD
To: Health Officer

Subject: COVID-19 Update - 11:30 PM, 2/25/2021

Dear Health Officer,

Today, I would like to provide an update on the COVID-19 situation in Alameda County.

As of today, there have been 10 new cases reported in the county. These cases are distributed across several cities, including Oakland, Alameda, and Berkeley.

Please note that the majority of these cases are linked to the recent outbreak at a local nursing home. We are continuing to investigate the source of transmission and are working closely with the facility to mitigate further spread.

In addition to the nursing home outbreak, there are also two cases associated with a local restaurant that has been temporarily closed. We are urging customers who visited the restaurant to self-monitor for symptoms and contact us if they develop fever or other symptoms.

Overall, the situation remains stable but vigilance is still required. We continue to urge all residents to take steps to prevent the spread of the virus, including wearing masks, maintaining physical distance, and getting vaccinated.

Thank you for your continued efforts in keeping our community safe.

Sincerely,

Nicholas Moss, MD
Health Officer

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If you have any questions or concerns, please feel free to contact me at (510) 267-8000.
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Alameda County Health Care Services Agency
Public Health Department
www.acphd.org

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

COVID-19 Information:


ISO/QUAR Packet:


Quarantine Instructions:

• L-R-T-A (CDPH) - https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx
• L-R-T-A (CDPH) - https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx
### Case

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

### Contact

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

<table>
<thead>
<tr>
<th>Case</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Anda ke cah le melia melia mela (COVID-19) ከምርክር ከታረካ የሰብ</td>
<td>• Anda ke cah le melia melia mela (COVID-19) ከምርክር ከታረካ የሰብ</td>
</tr>
<tr>
<td>• Anda ke aca aya melia melia mela (COVID-19) ከምርክር ከታረካ የሰብ</td>
<td>• Anda ke aca aya melia melia mela (COVID-19) ከምርክር ከታረካ የሰብ</td>
</tr>
</tbody>
</table>

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### ከአንዴል ዝን (Infectious Period)

- እስ ከኋ ይካ ይስ ይት ከጆች ከላለፈስ ቄስ ያለት እር (አካባቢዎ ይታ ከመላማ ለወወ ይሆን ያለት እር):
  - ይህ ይመረ (የዎልታን)፣ 48-ወን ያስ ያለት ያሆን ይመረ (አካባቢዎ ይታ ከመላማ ያለት እር)
  - ይህ ይመረ (የዎልታን)፣ ይህ ይው ይካ 10 ያሆን ያስ ያለት ይሁን ይሁን ይሆን ይደረጉ ይሆን ይሆን ይህ ያስ ያለት እር ያለት.

### ከኁሽ ዝን ብት ሸልማት ከተረወ ይችላል ዝን (Incubation Period)

- እስ ያሉት ከኋ ይካ ይስ ይት ከጆች ከላለፈስ ቄስ ያለት እር (አካባቢዎ ይታ ከመላማ ለወወ ይሆን ያለት እር):
  - ይህ ይው ይካ 2-14 ያሆን ይዘ ይነረጉ ይሆን ያስ ያለት ያሆን ይመረ (አካባቢዎ ይታ ከመላማ ያለት እር)
<table>
<thead>
<tr>
<th><strong>Organization</strong></th>
<th><strong>Services</strong></th>
<th><strong>Contact Information</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CA H1LE-19 &amp; Housing Assistance</strong></td>
<td>Housing help, rental assistance</td>
<td>1-833-430-2122; <a href="https://housing.ca.gov/covid-rr/program_overview.html#renter">https://housing.ca.gov/covid-rr/program_overview.html#renter</a></td>
</tr>
<tr>
<td><strong>EBMUD Customer Assistance Program</strong></td>
<td>EBMUD Customer Assistance</td>
<td>1-866-800-881-888; <a href="https://www.ebmud.com">https://www.ebmud.com</a></td>
</tr>
<tr>
<td><strong>EBMUD Housing Resources</strong></td>
<td>Housing assistance, rental assistance</td>
<td>1-888-333-5056; <a href="https://www.ebmud.com">https://www.ebmud.com</a></td>
</tr>
<tr>
<td><strong>Alameda County Social Services SSA</strong></td>
<td>SSA services, rental assistance</td>
<td>510-263-2420; <a href="https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm">https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm</a></td>
</tr>
<tr>
<td><strong>Catholic Charities East Bay</strong></td>
<td>Cash assistance, rental assistance</td>
<td>510-768-3100; 510-860-4985; <a href="http://www.cceb.org">www.cceb.org</a></td>
</tr>
<tr>
<td><strong>Season of Sharing</strong></td>
<td>Financial assistance, rental assistance</td>
<td>510-272-3700; <a href="https://seasonofsharing.org/">https://seasonofsharing.org/</a></td>
</tr>
<tr>
<td><strong>One Fare Wage Emergency Fund</strong></td>
<td>Financial assistance, rental assistance</td>
<td><a href="https://ofwemergencyfund.org/help">https://ofwemergencyfund.org/help</a></td>
</tr>
<tr>
<td><strong>The Unity Council</strong></td>
<td>Financial assistance, rental assistance</td>
<td>510-535-6101; <a href="mailto:admin@unitycouncil.org">admin@unitycouncil.org</a>; <a href="http://www.unitycouncil.org/career-center">www.unitycouncil.org/career-center</a></td>
</tr>
<tr>
<td><strong>Centro Legal de la Raza</strong></td>
<td>Legal assistance, rental assistance</td>
<td>510-437-1554; <a href="https://www.centrolegal.org">https://www.centrolegal.org</a></td>
</tr>
<tr>
<td><strong>Street Level Health Project</strong></td>
<td>Street health services, rental assistance</td>
<td>510-306-4835; <a href="http://streetlevelhealthproject.org/">http://streetlevelhealthproject.org/</a></td>
</tr>
<tr>
<td><strong>Housing Resources</strong></td>
<td>Housing assistance</td>
<td><a href="http://211alamedacounty.org/">http://211alamedacounty.org/</a></td>
</tr>
<tr>
<td><strong>PG&amp;E</strong></td>
<td>Gas, propane, water assistance</td>
<td>1-800-933-9677; <a href="https://www.pge.com">https://www.pge.com</a></td>
</tr>
<tr>
<td><strong>EBMUD Customer Assistance Program</strong></td>
<td>Customer assistance</td>
<td>1-866-403-2683;</td>
</tr>
<tr>
<td><strong>Spectrum Community Center</strong></td>
<td>LIHEAP assistance</td>
<td>510-881-0300 ex. 216; <a href="https://www.spectrumcs.org/">https://www.spectrumcs.org/</a></td>
</tr>
</tbody>
</table>
## Alameda County Resources

### Food Assistance

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alameda County Food Bank (አልሜዳ ከጋታት ታስፋ ይህ ውስጥ)</td>
<td>510-635-3663</td>
<td><a href="https://www.foodnow.net">www.foodnow.net</a></td>
</tr>
<tr>
<td>Alameda County Food Bank (አልሜል ከጋታት ታስፋ ይህ ውስጥ)</td>
<td>1-510-272-3663</td>
<td><a href="https://www.comidaahora.net">www.comidaahora.net</a></td>
</tr>
</tbody>
</table>

### CalFresh (ካልፍረሽ)

<table>
<thead>
<tr>
<th>Description</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh (ካልፍረሽ)</td>
<td>1-510-272-3663</td>
<td><a href="https://www.getcalfresh.org">www.getcalfresh.org</a></td>
</tr>
</tbody>
</table>

### Health Insurance and Medication Resources (መድሕን ጥዕናን ለቻቼ እርጥና)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>MediCAL hotline (ስምዒታዊ የስሚርን በራትን ሠራማት)</td>
<td>1-800-829-3777</td>
<td><a href="https://www.crisissupport.org/">https://www.crisissupport.org/</a></td>
</tr>
<tr>
<td>MediCAL hotline (ስምዒታዊ የስሚርን በራትን ሠራማት)</td>
<td>1-800-491-9099</td>
<td>ከወ. 8:30-5:00 ዓ.ም.</td>
</tr>
<tr>
<td>Crisis Support Services of Alameda County (24 ከምህርት) (እንከላይ ከጋታት የሶስት ይህ ውስጥ)</td>
<td>1-800-309-2131; የሰ. SAFE (አይወታ ይህ 2021 ውስጥ)</td>
<td><a href="https://www.crisissupport.org/">https://www.crisissupport.org/</a></td>
</tr>
</tbody>
</table>

### Additional Resources

- [https://www.alamedahealthconsortium.org/health-center/](https://www.alamedahealthconsortium.org/health-center/)
- [http://www.alamedahealthsystem.org/locations/](http://www.alamedahealthsystem.org/locations/)
- [https://www.alamedacountyhealthcare.org](https://www.alamedacountyhealthcare.org)
- [https://www.alamedacountyhealthcare.org/public-health-department](https://www.alamedacountyhealthcare.org/public-health-department)

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**Alameda County Health Care Services Agency**

**Public Health Department**

Colleen Chawla – Agency Director

Kimi Watkins-Tarrt – 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

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