

Tips

Guidance for Quarantining if You Are Unable to Avoid a COVID-Positive Person in Your Household



If you live with someone who has COVID-19 and you cannot avoid interacting with them, you should avoid contact with people outside your home.

You can be around others after you complete 10 to 14 days of quarantine, which begins after the person in your home with COVID-19 ends isolation.

You will need to quarantine if:

- You are not vaccinated or are not fully vaccinated*.
- You live in a household where you cannot avoid close contact with a person who has COVID-19.
- You provide direct care to a person who has COVID-19.
- You do not have a separate bedroom to isolate the person who has COVID-19.
- You live in close quarters where you are unable to keep a physical distance of 6 feet from the person who has COVID-19.



You should quarantine for at least 10 days after the COVID-19 positive person in your household completes their 10 days of isolation.

It is recommended to test 3-5 days after the last day of exposure.

A quarantine period of 14 days is preferred and is required if you are regularly in contact with persons at high risk for severe disease.

For Example

Alex is taking care of Robin, who tested positive on January 1st (day zero). Robin will be released from isolation and can go back to work on January 12th.

Alex should begin a new quarantine cycle on January 12th. Alex can return to work on January 22nd (10-day quarantine) or January 26th (14-day quarantine)



Note: People with COVID-19 can end home isolation after 10 days have passed since symptoms first appeared or since testing positive, at least 24 hours with no fever, AND improved symptoms.

*people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine



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