



Are you a close contact?

You are a close contact if you share the same indoor air with someone who has COVID-19 for 15 minutes or more within 24 hours.



If You Have Been Exposed to COVID-19 (Close Contact)	Actions to Protect Others
<p>If you have been exposed to someone who has COVID-19, you do NOT have to quarantine. However, if you develop symptoms of illness, isolate immediately and test for COVID-19!</p> <p>Exposed means sharing the same indoor air for 15 minutes total over a 24-hour period. (Example: 3 different, 5-minute encounters equal a 15-minute exposure.)</p> <p>If you have COVID-19, you can start to spread the virus 2 days before you start to feel any symptoms such as cough, sore throat, diarrhea, fatigue, or headache (or 2 days before your positive test was taken, if you never feel sick).</p>	<ul style="list-style-type: none"> • Take a COVID-19 test 3 to 5 days after being exposed. • Wear a well-fitting mask around others for 10 days, especially indoors. • Monitor yourself closely for symptoms for 10 days. <ul style="list-style-type: none"> • If you develop symptoms, stay home and away from others until you can take a COVID-19 test. If your first test is negative, wait 24 to 48 hours and take another test since some people with COVID-19 don't test positive right away. • If your COVID-19 test is positive, follow isolation guidance: https://bit.ly/AC-C19 • People who live, work, or visit places that are 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: While you are not required to quarantine, consider avoiding people at high-risk for severe COVID-19 disease for 10 days such as: older adults, people living with chronic conditions, those with conditions that weaken their immune system, and people who are unvaccinated. Find more information/resources at <https://bit.ly/AC-C19>

For information on vaccines or eligibility for booster doses, please visit: www.bit.ly/Vx-Eligible

Masking Guidance:

Wearing a well-fitting mask for 10 days after an exposure is essential to protecting others.

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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