



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

Updated January 29, 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 efforts, 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 at least 10 days after you first became ill AND at least 1 day after you have recovered. Recovery means that your fever is gone for 24 hours without the use of fever-reducing medications (for example, Tylenol® or ibuprofen) and your symptoms (for example, cough, shortness of breath, etc.) have improved.**
 - 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?

- Anyone who continues to be in close contact, for example, a caretaker, will need to begin a new quarantine cycle from the last day they had close contact with you, or from the last day that you are in isolation. The last day they had contact with you counts as Day 0, and they can end their quarantine after Day 10.
 - For example, if Alex is taking care of Robin, who tested positive on January 1st, Robin will be released from isolation and can go back to work on January 12th. Alex should start a new quarantine cycle on January 12th and can go to work on January 22nd.



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), should 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.

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. You could choose to wait until after 90 days to be vaccinated, but this is not required.
- 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 from 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).
- Anyone who continues to be in close contact, for example, a caretaker, will need to begin a new quarantine cycle from the last day they had close contact with the patient, or from the last day that the patient was in isolation. The last day the person had contact with the patient counts as Day 0, and that person can end their quarantine after Day 10.
 - For example, if Alex is taking care of Robin, who tested positive on January 1st, Robin will be released from isolation and can go back to work on January 12th. Alex should start a new quarantine cycle on January 12th and can go to work on January 22nd.

How long should you stay home?

For most people, you should stay home for 10 days after you were last in close contact with the person with COVID-19. The last day of close contact counts as Day 0. You should stay home from Day 1-Day 10, and you can leave quarantine at Day 11.

What are the exceptions to the 10-day rule?

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:

- Long-term care facilities (LTCF)
- Correctional facilities
- Single Room Occupancy (SRO) hotels
- Dormitories
- Shelters for unhoused persons

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.

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



Should you be tested?

- If you can safely access testing, we do recommend that contacts be tested. Please note that a negative test result within the 10-day period does not mean that you cannot become positive later. You must stay home in quarantine for the entire 10-day period.

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:

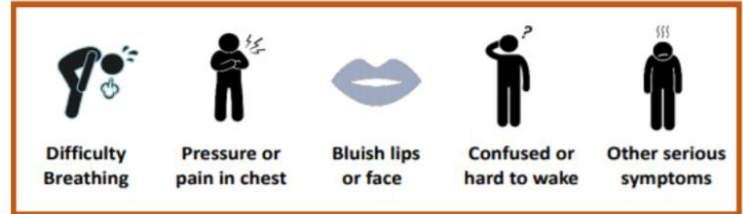
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trash can and immediately wash your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially 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 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 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.

COVID-19 can be stressful for people, here are some tips for managing emotional health during uncertain times:

<https://covid-19.acgov.org/covid19-assets/docs/coping/coping-with-stress-during-c-19-pandemic.pdf>

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: Negative COVID-19 test results NOT required for return to work

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).**

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, dormitories, 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.



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>
- ACPHD: <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/criteria-release-from-iso-or-quar-and-return-to-work-eng-2020.07.28.pdf>

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-to-self-release-from-isolation-2020.07.31.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

Case	<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.
Contact	<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



	<p>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>
<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 and at least 24 hours of recovery
<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)



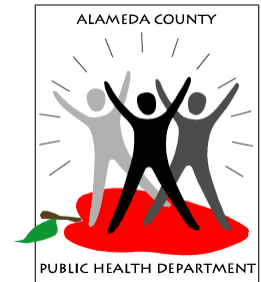
Resources to Help Your Family

Statewide COVID-19 Hotline: 1-833-422-4255 - 7 days a week

Alameda County Public Health Department (ACPHD) COVID-19 Website
<https://covid-19.acgov.org/index.page>

Resources Page: <https://covid-19.acgov.org/help>

ACPHD COVID-19 Hotline: (510) 268-2101 ncov@acgov.org



Food

- Food Bank: (510) 635-3663 – for all food distribution programs, visit <https://covid-19.acgov.org/food-housing-finance.page> and click Food Access Resource List

Health Care Benefits

- The Health Insurance Enrollment Assistance, Health Insurance Technicians: 1-800-422-9495
- Apply online for MediCAL and other programs: <https://www.mybenefitscalwin.org/>

Mental Health/Counseling

- ACCESS: 1-800-491-9099 8:30-5:00 M-F Crisis Support Services of Alameda County (24 hours): 1-800-273-8255
- Crisis Support Services of Alameda County Teen Text Line: Text “SAFE” to 20121, 4 pm-11 pm daily.
- Substance Use Treatment and Referral Helpline: 1-844-682-7215 8:30am-9:00pm M-F, voicemail for calls received outside business hours.
- National Suicide Prevention Lifeline (24 hours): 1-800-273-8255 (English) or 1-888-628-9454 (Spanish)
- Disaster Distress Helpline (24 hours): 1-800-985-5990 or Text “TalkWithUs” to 66746
- Visit Alameda County’s COVID website for more coping resources: <https://covid-19.acgov.org/coping.page>

Financial Assistance

Check your local city government for city specific COVID-related financial assistance:

- Oakland- <https://www.oaklandca.gov/topics/covid-19>
- Alameda- <https://www.alamedaca.gov/ALERTS-COVID-19>
- San Leandro- <https://www.sanleandro.org/c19/>
- Hayward- <https://www.hayward-ca.gov/covid-19>
- Fremont- <https://www.fremont.gov/3571/Coronavirus-Disease-2019>



**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

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

- Berkeley- <https://www.cityofberkeley.info/covid-19/>
- Albany- <https://www.albanyca.org/our-city/covid-19-response-resources>
- Emeryville- <http://www.emeryville.org/coronavirus>
- Newark- <https://www.newark.org/residents/covid-19-coronavirus>
- Dublin- <https://www.dublin.ca.gov/coronavirus>
- Pleasanton- <https://covid19.cityofpleasantonca.gov/index.html>
- Livermore- <https://cityoflivermore.net/about/emergency/covid19.htm>
- Union City- <https://www.unioncity.org/445/Coronavirus-Disease-COVID-19>
- Piedmont- <https://piedmont.ca.gov/government/covid-19>

Housing and Other Resources

- Call 211

Career/Jobs (Career Centers)

- **Eden Area**
Websites: www.edenareaonestop.org
Email: edenareaajcc@rubiconprograms.org
Phone: (510) 672-4150 or (925) 914-7675
- **Tri-Cities**
Website: www.ohlone.edu/careercenter
Email: careercenter@ohlone.edu
Phone: (510) 742-2323
- **North Cities**
Email: coa-ncitiescc@peralta.edu
Phone: (510) 748-2208
- **Tri-Valley**
Website: www.trivalleyonestop.org
Email: employerservices@clpccd.org
Phone: (925) 560-9431



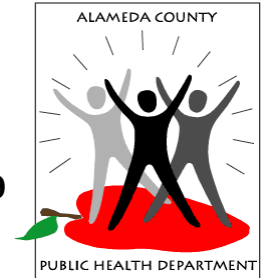
Recursos para ayudar a tu familia

Línea Estatal de COVID-19: 1-833-422-4255 - 7 días a la semana

Página Web del Departamento de Salud del Condado de Alameda COVID-19
<https://covid-19.acgov.org/index.page>

Página de Recursos: <https://covid-19.acgov.org/help>

COVID-19 Línea del Condado de Alameda Salud Publica: (510) 268-2101 ncov@acgov.org



Comida

- Banco de Comida: (510) 635-3663 – Para todos los programas de distribución.
<https://covid-19.acgov.org/food-housing-finance.page> **Vea lista de recursos de comida.**

Beneficios de Salud

- Ayuda de Técnicos de Seguros Médicos para inscripción de seguro:
1-800-422-9495
- Aplique por línea para Medi-CAL y otros programas: <https://www.mybenefitscalwin.org/>

Salud Mental/Consejería

- ACCESS- 1-800-491-9099 8:30-5:00 L-V
- Condado de Alameda Línea de Crisis (24 horas)- 1-800-273-8255
- Condado de Alameda Línea de Crisis Línea de texto para jóvenes: Envía "SAFE" to 20121, 4 pm-11 pm diario.
- Red Nacional de Prevención del Suicidio (24 horas): 1-888-628-9454 (Español)
- Vea lista de recursos de salud mental: <https://covid-19.acgov.org/coping.page> Substance Use Treatment and Referral Helpline (Tratamiento de Uso de Sustancias y Línea de Ayuda de Referencia): 1-844-682-7215 8:30am-9:00pm L-V (Ingles)
- Disaster Distress Helpline (Línea de ayuda para desastres) (24 hours): 1-800-985-5990 (Opción 2 para Español) o Envía "TalkWithUs" to 66746

Asistencia Financiera

Cheque con su gobierno local para ayuda sobre COVID-19 recursos financieros:

- Oakland- <https://www.oaklandca.gov/topics/covid-19>
- Alameda- <https://www.alamedaca.gov/ALERTS-COVID-19>
- San Leandro- <https://www.sanleandro.org/c19/>
- Hayward- <https://www.hayward-ca.gov/covid-19>
- Fremont- <https://www.fremont.gov/3571/Coronavirus-Disease-2019>
- Berkeley- <https://www.cityofberkeley.info/covid-19/>



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- Albany- <https://www.albanyca.org/our-city/covid-19-response-resources>
- Emeryville- <http://www.emeryville.org/coronavirus>
- Newark- <https://www.newark.org/residents/covid-19-coronavirus>
- Dublin- <https://www.dublin.ca.gov/coronavirus>
- Pleasanton- <https://covid19.cityofpleasantonca.gov/index.html>
- Livermore- <https://cityoflivermore.net/about/emergency/covid19.htm>
- Union City- <https://www.unioncity.org/445/Coronavirus-Disease-COVID-19>
- Piedmont- <https://piedmont.ca.gov/government/covid-19>

Recursos de Vivienda y Otros

- Llame al “211”

Recursos/Ayuda de Empleo

- **Eden Area**
Página Web: www.edenareaonestop.org
Correo Electrónico: edenareaajcc@rubiconprograms.org
Teléfono: (510) 672-4150 or (925) 914-7675
- **Tri-Cities**
Página Web: www.ohlone.edu/careercenter
Correo Electrónico: careercenter@ohlone.edu
Teléfono: (510) 742-2323
- **North Cities**
Correo Electrónico: coa-ncitiescc@peralta.edu
Teléfono: (510) 748-2208
- **Tri-Valley**
Página Web: www.trivalleyonestop.org
Correo Electrónico: employerservices@clpccd.org
Teléfono: (925) 560-9431