**How Long Should I Stay in Quarantine?**

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY

PUBLIC HEALTH DEPARTMENT


<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the recommended duration of quarantine?</td>
<td>The recommended duration of quarantine is 10 days for people who have been exposed to COVID-19.</td>
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<tr>
<td>What should be done if symptoms persist after quarantine?</td>
<td>If symptoms persist after quarantine, seek medical attention.</td>
</tr>
<tr>
<td>What if I test positive for COVID-19?</td>
<td>If you test positive for COVID-19, follow the isolation guidelines provided by the health department.</td>
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</tbody>
</table>

**ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY**

Colleen Chawla – Agency Director
Kim Watkins-Taritt – Director

Public Health Department:
(510) 267-3000 Main Line
(510) 268-2101 Information

COVID-19 Information:
www.acphd.org

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**COVID-19**

**SARS-Cov-2**