



The California Department of Public Health has released updated [COVID-19 quarantine guidance](#) based on the CDC's guidance.

The Alameda County Health Officer Order on quarantine can be found [here](#).

What is quarantine?

Quarantine keeps someone who might have been exposed to SARS-CoV-2, the virus that causes COVID-19, away from others.

Who needs to quarantine?

[Close Contact](#)¹ means that you were **within 6 feet of a COVID-19 positive person for a total of 15 minutes or longer**, EVEN IF both of you were wearing masks. Shorter periods that add up to 15 minutes on the same day also count. Close Contact can also mean that you had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on you.

A person who has had COVID-19, or tested positive for SARS-CoV-2, does NOT need to quarantine or get tested again for up to 3 months after the end of isolation, as long as they don't have [symptoms](#). Anyone who develops symptoms within 3 months may need to be tested again and should contact their healthcare provider.

Should I get tested during quarantine?

If [symptoms](#) develop during quarantine, you should get tested. Even if you do not develop symptoms, ACPHD recommends testing for SARS-CoV-2 between 4 and 10 days after a Close Contact.

Do vaccinated people need to quarantine?

No, as long as **BOTH** of the following are true:

- It has been at least 2 weeks but not more than 3 months since your second dose.
- You have not had any symptoms of COVID-19 in the 2 weeks since the exposure.

Who should quarantine for 14 days?

A quarantine period of 14 days is still the **safest** option. This is especially important if you are in regular Close Contact with anyone at [high risk for severe disease](#), such as someone who is immunocompromised. If you live or work in any of the following places, you must quarantine for 14 days after your last exposure:

- Long-term care facilities (LTCF)²
- Correctional facilities
- Single Room Occupancy (SRO) hotels
- Dormitories
- Shelters for unhoused persons

The last day of Close Contact with an infected person is called "Day 0". If you have no symptoms and your test is negative (if tested), your 14-day quarantine ends on Day 15. For example, if your last Close Contact was on Jan. 1st, the first day of quarantine is Jan. 2nd and the last day is Jan. 15th.

¹Healthcare providers should continue to [follow risk assessment guidance from the CDC](#).



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

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

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

www.acphd.org

Ver: 2-17-2021



FAQs

Who can end quarantine after 10 days?

If you are not in regular Close Contact with anyone at high risk for severe disease AND you have not had any symptoms, you may end quarantine 10 days after your last exposure. For example, if your last Close Contact was on January 1st, the first day of a 10-day quarantine is January 2nd and the last day is January 11th.

If you quarantine for less than 14 days, you MUST:

1. Monitor yourself for COVID-19 symptoms for the full 14 days. If you develop symptoms, immediately self-isolate, contact your healthcare provider, and get tested.
2. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

Who can end quarantine after 7 days?

During a **critical staffing shortage**³ health care personnel (HCP)⁴, emergency response workers, and social service workers who work face-to-face with clients in the child welfare system or in assisted living facilities may return to work 7 days **after their last exposure**. You MUST have a negative PCR test performed after Day 5 AND not have had any [symptoms](#) of COVID-19. For example, if the last Close Contact was on January 1st, the first day of a 7-day quarantine is January 2nd and the last day is January 8th, with testing done after January 6th.

Here are some exceptions:

1. If you work in a health care setting **experiencing an outbreak** (i.e., suspected or confirmed transmission), ACPHD may recommend that you quarantine for the full 14 days.
2. If you work in a setting where you care for **severely immunosuppressed patients** (e.g., those with bone marrow or solid organ transplants or undergoing chemotherapy), you should be reassigned temporarily and complete the full 14-day quarantine.

If you quarantine for less than 10 days, you MUST:

1. Wear a surgical face mask **at all times** while at work for the full 14 days.
2. Monitor yourself for COVID-19 symptoms for the full 14 days. **If you develop symptoms, immediately [self-isolate](#), contact your healthcare provider, and get tested.**
3. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

During critical staffing shortages, some people working in the public safety sector (for example, law enforcement and firefighter EMTs) may need to return to work before the end of quarantine. For more information about these special situations, please see [Alameda County Health Order 20-06](#).

²LTCF experiencing a critical staffing shortage during an outbreak.

³Critical staffing shortages occur when there are no longer enough staff to provide safe patient, resident, or inmate care. When a critical staffing shortage occurs in a health care setting, facilities should strongly consider cancelling non-essential visits and procedures, adjusting staff schedules, cancelling, or delaying employee leave, hiring additional HCP, and rotating HCP to positions that support patient care activities. More information on critical staffing shortages can be found in CDC's [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#).

⁴Health Care Personnel are defined as persons, both paid and unpaid, working in patient care areas who could be exposed to infectious agents (e.g., blood, tissue, body fluids as well as contaminated equipment, surfaces, or air). HCP should be considered exposed at work using CDC's [Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19](#).