



What is quarantine?

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



How long should I stay in quarantine?

UNVACCINATED	FULLY VACCINATED
<p>It is recommended for all close contacts to get tested for COVID-19. For most unvaccinated people, there are two options for determining the length of your quarantine. Please note day of exposure is considered day 0.</p> <p><u>Option 1:</u> You should stay home for 10 days following exposure if you are not getting a COVID test.</p> <p><u>Option 2:</u> You should stay home for 7 days and can release on day 8 if you have a negative COVID test (test must occur on day 5 or later). If your result is positive, or you develop any symptoms of COVID, you must <u>immediately</u> isolate and contact your healthcare provider or the public health department for isolation guidance.</p>	<p>Vaccinated people with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all the following criteria:</p> <ul style="list-style-type: none"> It has been at least 2 weeks since your final vaccine dose – final vaccine dose means the 2nd dose in a 2-dose series (such as Pfizer, Moderna, or a WHO-authorized vaccine like Covishield or AstraZeneca), or 1 dose of a single-dose vaccine (Johnson & Johnson) <p>AND</p> <ul style="list-style-type: none"> Have no symptoms of COVID-19 since the last close contact <p>Even without symptoms, vaccinated people are encouraged to test 3-5 days after their exposure to a COVID-19 case.</p>

The California Department of Public Health has released updated COVID-19 quarantine guidance based on the CDC’s guidance, which can be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Quarantine.aspx>.

The Alameda County Health Officer Order on quarantine can be found at <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/20-06k-hoo-blanket-quarantine-english-2021.09.10.pdf>

For full quarantine guidance, please see this comprehensive isolation/quarantine packet <https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/general-iso-quar-packet-for-cases-and-contacts-eng-2021.09.10.pdf>. If you are unable to follow this link, please call 510.268.2101, and a packet can be mailed to you.



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