FAQs

How Long Should I Stay in Quarantine?

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?

<table>
<thead>
<tr>
<th>UNVACCINATED</th>
<th>FULLY VACCINATED</th>
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<tbody>
<tr>
<td>It is recommended for all close contacts to get tested <strong>5-7 days following exposure to COVID-19</strong>. For most <strong>unvaccinated</strong> people, there are two options for determining the length of your quarantine. Please note day of exposure is considered day 0.</td>
<td><strong>Vaccinated</strong> people with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all the following criteria:</td>
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<tr>
<td><strong>Option 1</strong>: You should stay home for 10 days following exposure if you are not getting a COVID test.</td>
<td>• 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 does of a single-dose vaccine (Johnson &amp; Johnson) <strong>AND</strong></td>
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<tr>
<td><strong>Option 2</strong>: You should stay home for 7 days and can release on day 8 if you have a negative COVID test (test must occur <strong>on day 5 or later</strong>). If your result is positive, or you develop any symptoms of COVID, you must immediately isolate and contact your healthcare provider or the public health department for isolation guidance.</td>
<td>• Have no symptoms of COVID-19 since the last close contact</td>
</tr>
</tbody>
</table>

Even without symptoms, vaccinated people are encouraged to test **5-7 days after their exposure to a COVID-19 case.**

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://bit.ly/3hWbBpO](https://bit.ly/3hWbBpO)

The Alameda County Health Officer Order on quarantine can be found at [https://bit.ly/3kznDQk](https://bit.ly/3kznDQk)

For full quarantine guidance, please see this comprehensive isolation/quarantine packet [https://bit.ly/3hYz7vc](https://bit.ly/3hYz7vc). If you are unable to follow this link, please call 510.268.2101, and a packet can be mailed to you.

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
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