



What is quarantine?

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

Quarantine	<ul style="list-style-type: none"> Unvaccinated; OR Vaccinated and booster-eligible** but have not yet received their booster dose 	<ul style="list-style-type: none"> Stay home for at least 5 days, after your last contact with a person who has COVID-19. Quarantine can end after Day 5 if remain asymptomatic and test negative on Day 5 or later. If unable to test or choose not to test, it is best to quarantine through day 10. Mask around others for a total of 10 days, especially in indoor settings. If you have symptoms, stay home and test, if possible. If you cannot test or your test is positive, isolate for 10 days. If test is positive, follow isolation recommendations.
NO Quarantine	<ul style="list-style-type: none"> Boosted; OR Vaccinated, but not yet booster-eligible 	<ul style="list-style-type: none"> Test on Day 5. Wear a well-fitting mask around others for 10 days, especially in indoor settings (see masking guidance below for additional information). If you have symptoms, stay home and test, if possible. If you cannot test or your test is positive, isolate for 10 days. If test is positive, follow isolation recommendations.

****Workplace Setting** (not applicable to healthcare personnel): People who are vaccinated and booster-eligible, but not yet boosted, can return to work if asymptomatic and:

- A **negative** diagnostic test is obtained within 3-5 days after last exposure to someone with COVID-19.

Please see this link for booster-eligible definitions: www.bit.ly/Vx-Eligible

Note:

The guidelines above reflect the most recent recommendations by CDC and CDPH (California Department of Public Health). They are available to you as an option, though risk of transmission may exist past 5 days. Quarantining away from others for 10 days continues to be the safest option.

Masking Guidance:

Wearing a well-fitting mask is essential to protecting others through 10 days after your infection starts. For information on how to use masks most effectively, please refer to this link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>



**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