How Long Should I Stay in Quarantine?

To determine how long you should stay in quarantine, Alameda County Health Officer, Nicholas Moss, MD, has provided guidance:

- If you test positive for COVID-19, you should isolate yourself for 10 days from the day you first experienced symptoms.
- If you have been in close contact with someone who has COVID-19, you should also isolate yourself for 10 days, even if you test negative.
- If you have symptoms of COVID-19 but have not been tested, you should isolate yourself for 10 days from the first day of symptoms.

For more information, please visit the CDC website: [https://bit.ly/3hWbBPo](https://bit.ly/3hWbBPo)

For questions about quarantine or COVID-19, please contact Alameda County Public Health Department at 510.267-8000 or email info@acphd.org.