### When Can I Leave Isolation?

When you can leave isolation depends on the reason for isolation:

**COVID-19 Isolation:**
- **Tylenol/ibuprofen** may be taken for fever or pain.
- **Antibody treatment** is available for certain COVID-19 patients with moderate to severe disease.
- **Monitor for fever** for 10 days after positive test.

**Mumps Isolation:**
- **Monitor for fever** for 10 days after positive test.

**Varicella Isolation:**
- **Monitor for fever** for 10 days after positive test.

**Antibody treatment** is available for certain mumps and varicella patients with moderate to severe disease.

### Contact Information

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

**Website:**
- [www.acphd.org](http://www.acphd.org)

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<table>
<thead>
<tr>
<th>COVID-19 Isolation</th>
<th>Mumps Isolation</th>
<th>Varicella Isolation</th>
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Guidance for Close Contacts (COVID-19)

COVID-19 is a contagious respiratory illness caused by a virus called SARS-CoV-2. The virus spreads mainly through close contact with people who are infected. Close contact can be defined as coming within a 6-foot radius of an infected person. This guidance is intended for individuals who have been exposed to someone with COVID-19.

For the most up-to-date information, please visit the following websites:
- https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19-Update-7212022.aspx
- https://www.acphd.org
<table>
<thead>
<tr>
<th>Organization</th>
<th>Services Offered</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CA Covid-19 Rental Relief</strong></td>
<td>Assistance with rental payments for those affected by COVID-19</td>
<td>1-833-430-2122, <a href="https://housing.ca.gov/m/overview.html#rental-assistance">https://housing.ca.gov/m/overview.html#rental-assistance</a></td>
</tr>
</tbody>
</table>
| **Alamada County Emergency Rental Assistance Program** | Assistance with rental payments for those affected by COVID-19 | |}

### Help (Help & Emergency Lodging Program)

- **HELP** (Help & Emergency Lodging Program)

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: 510-259-2200, help@unitycouncil.org

### Assistance Programs

- **Alameda County Social Services SSA**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: 510-263-2420, https://www.alamedacounty.gov/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm

- **Catholic Charities East Bay**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: 510-768-3100; 510-860-4483, www.cceb.org

- **One Fair Wage Emergency Fund**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: https://ofwemergencyfund.org/help

- **The Unity Council**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: 510-535-6101, admin@unitycouncil.org

- **Centro Legal de la Raza**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: https://www.centrolegal.org, 510-437-1554

- **Street Level Health Project**

  - **Services**: Assistance with rental payments for those affected by COVID-19
  - **Contact Information**: 510-306-4835; http://streetlevelhealth.org

### Utilities

- **PG&E**

  - **Services**: Assistance with energy bills for those affected by COVID-19
  - **Contact Information**: 1-800-933-9677

- **EBMUD**

  - **Services**: Assistance with water bills for those affected by COVID-19
  - **Contact Information**: 1-866-403-2683

- **Spectrum**

  - **Services**: Assistance with electric bills for those affected by COVID-19
  - **Contact Information**: 510-881-0300
### COVID-19 Resources

#### Alameda County Food Bank

<table>
<thead>
<tr>
<th>Agency/Location</th>
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<tr>
<td>mental health</td>
<td>1-800-422-9495</td>
</tr>
<tr>
<td>Is free重金属</td>
<td><a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a></td>
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### Additional Resources

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<tbody>
<tr>
<td>Access</td>
<td>510-635-3663</td>
</tr>
<tr>
<td>Is free重金属</td>
<td><a href="http://www.foodnow.net">www.foodnow.net</a></td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Kimi Watkins-Tartt</td>
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<tr>
<td>Nicholas Moss, MD</td>
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Colleen Chawla – အိမ်ရေးလေးလိုင်းကိုက်ညာချက်
Kimi Watkins-Tartt – အိမ်ရေးလေးလိုင်းကိုက်ညာချက်
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