

When Can I Leave Isolation?



Tips

Persons Who Test Positive for COVID-19	Recommended Action
<p>If you have tested positive for COVID, you should isolate regardless of vaccination status or lack of symptoms.</p> <p>Not following this recommended action may increase likelihood of spreading COVID-19 to others.</p>	<ul style="list-style-type: none"> • <u>Stay home for at least 5 days.</u> • Isolation can end after Day 5 if: <ul style="list-style-type: none"> • Symptoms are not present, or are mild and improving; AND • You are fever-free for 24 hours (without the use of fever-reducing medication). • If fever is present, continue isolation until fever has resolved for at least 24 hours (without the use of fever-reducing medications, such as Tylenol/ibuprofen). • If other symptoms are not resolving, continue to isolate until symptoms are resolving or until after Day 10. • Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidance below). • Medications are available to prevent severe COVID-19 disease. Please visit: https://covid-19.acgov.org/treatment.page

People who live, work, or visit places that are high-risk for severe COVID-19 spread or have vulnerable individuals (example: healthcare and emergency services, jails, homeless shelters) should follow any additional requirements or guidance from the facility.

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. Isolating 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. After ending isolation, persons may remove their mask sooner than Day 10 with two sequential negative tests (antigen test preferred), 24 hours apart. Note: this will only affect the general public but cannot be applied to covered workers due to current language in CalOSHA regulations. Learn more information on how to get the most protection from masks at <https://www.bit.ly/3TayrUV>



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



Are you a close contact?

You are a close contact if you share the same indoor air with someone who has COVID-19 for 15 minutes or more within 24 hours.



If You Have Been Exposed to COVID-19 (Close Contact)	Actions to Protect Others
<p>If you have been exposed to someone who has COVID-19, you do NOT have to quarantine. However, if you develop symptoms of illness, isolate immediately and test for COVID-19!</p> <p>Exposed means sharing the same indoor air for 15 minutes total over a 24-hour period. (Example: 3 different, 5-minute encounters equal a 15-minute exposure.)</p> <p>If you have COVID-19, you can start to spread the virus 2 days before you start to feel any symptoms such as cough, sore throat, diarrhea, fatigue, or headache (or 2 days before your positive test was taken, if you never feel sick).</p>	<ul style="list-style-type: none"> • Take a COVID-19 test 3 to 5 days after being exposed. • Wear a well-fitting mask around others for 10 days, especially indoors. • Monitor yourself closely for symptoms for 10 days. <ul style="list-style-type: none"> • If you develop symptoms, stay home and away from others until you can take a COVID-19 test. If your first test is negative, wait 24 to 48 hours and take another test since some people with COVID-19 don't test positive right away. • If your COVID-19 test is positive, follow isolation guidance: https://bit.ly/AC-C19 • People who live, work, or visit places that are high-risk for severe COVID-19 spread or have vulnerable populations (example: nursing homes, jails, homeless shelters) should follow additional guidance from the facility.

Note: While you are not required to quarantine, consider avoiding people at high-risk for severe COVID-19 disease for 10 days such as: older adults, people living with chronic conditions, those with conditions that weaken their immune system, and people who are unvaccinated. Find more information/resources at <https://bit.ly/AC-C19>

For information on vaccines or eligibility for booster doses, please visit: www.bit.ly/Vx-Eligible

Masking Guidance:

Wearing a well-fitting mask for 10 days after an exposure is essential to protecting others.

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>



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Financial Resources

Organization	Info:	Contact
HELP (Help & Emergency Lodging Program)	Provides ONE-TIME emergency assistance to Alameda County residents to prevent homelessness and transition to permanent housing.	510-259 2200 Email: HoEmLodgP@acgov.org https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/HELP
Alameda County Social Services SSA	General Assistance (GA), Refugee Cash Assistance (RCA), Cash Assistance Program for Immigrants (CAPI) provide relief and support to those who qualify.	510-263-2420 https://www.alamedacountysocialservices.org/contact-us/online-self-services-virtual-kiosk
Catholic Charities East Bay	Rental Assistance for Oakland residents	510-768-3100; 510-860-4985 www.cceb.org
Season of Sharing	Rent & deposit assistance for families	510-272-3700 https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing
One Fare Wage Emergency Fund	Cash gifts to hourly workers PLEASE NOTE: We are actively raising money for this emergency fund and will be making temporary cash gifts to workers as funding becomes available.	https://ofwemergencyfund.org/help
Housing Resources	Information on accessing shelters, transitional housing, and other emergency housing in Alameda County	Call 211 http://211alamedacounty.org/
PG&E	One-time bill assistance, payment arrangement and extensions (Reach Program)	1-800-933-9677 PG&E discount (Care Program)
EBMUD Customer Assistance Program	Water bill assistance	1-866-403-2683 https://www.ebmud.com/customers/billing-questions/financial-assistance
Spectrum Community Center	Energy bill assistance (LIHEAP Program)	510-881-0300 ex. 216 & ex.226 https://www.spectrumcs.org/
4C's of Alameda County	Childcare resources, diaper kits, financial assistance	510-582-2182 Email: info@4c-alameda.org https://4calameda.org/



Food Resources

Organization	Information	Contact
Alameda County Food Bank	Helpline will connect you to a source for groceries or a hot meal the same day you call. Cal Fresh application assistance.	510-635-3663 (Monday –Friday 9am –4pm) Food Locator: www.foodnow.net and www.comidaahora.net
Food Distribution Services	List of food resources including school-based meals and special shopping hours via links on the list.	https://covid-19.acgov.org/covid19-assets/docs/food-housing-finance/food-access-resource-list-2021.06.21.pdf
CalFresh	CalFresh is a Supplemental Nutrition Assistance Program (SNAP) that provides assistance for households to purchase nutritious food.	Supplemental Nutrition Assistance Program (SNAP) https://www.mybenefitscalwin.org/ 510-272-3663

Health Insurance and Medication Resources

Organization/Info	Contact
Health Insurance Enrollment Assistance (Medi-CAL and other programs)	1-800-422-9495 https://www.mybenefitscalwin.org/ https://www.alamedacountysocialservices.org/index.page
Locate a doctor or health clinic close to you	https://www.alamedahealthconsortium.org/health-center/ ; http://www.alamedahealthsystem.org/locations/
Bay Area Community Health (BACH)	http://www.bach.health Benefits Enrollment: 510-252-6808 Appointment Booking: 510-770-8040

Emotional Support/Counseling:

Organization	Contact
Alameda County Behavioral Health ACCESS	From 8:30-5:00 M-F 1-800-491-9099
Crisis Support Services of Alameda County (24 hours)	1-800-273-8255
Family Paths Helpline (24 hours)	1-800-829-3777



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