When Can I Leave Isolation?

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

When Can I Leave Isolation?

https://www.bit.ly/3TayrUV
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Guidance for Close Contacts (COVID-19)

Update: 7/21/2022
<table>
<thead>
<tr>
<th>Agency</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Help & Support | | 510-259-2200
| | Email: HelpLodge@acgov.org
| | Website: https://www.alamedacountysocialservice.org/our-services/Shelter-and-Housing/Other-Support/HELP |
| SSA | | 510-263-2420
| | Website: https://www.alamedacountysocialservice.org/contact-us/online-self-services-virtual-kiosk |
| Employment | | 510-768-3100; 510-860-4985
| | Website: www.cceb.org |
| Homeless | | 510-272-3700
| | Website: https://www.alamedacountysocialservice.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing |
| Utilities | | 211 220
| | Website: http://211alamedacounty.org/ |
| PG&E | | 1-800-933-9677
| | Website: https://ofwemergencyfund.org/help |
| EBMUD | | 1-866-403-2683
| | Website: https://www.ebmud.com/customers/billing-questions/financial-assistance |
| Spectrum | | 510-881-0300 ex. 216 & ex.226
| | Website: https://www.spectrumcs.org/ |
| 4C's | | 510-582-2182
| | Email: info@4c-alameda.org
| | Website: https://4calameda.org/ |
### Resources to Help

<table>
<thead>
<tr>
<th>Agency / Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>CalFresh</td>
<td>510-635-3663 (9AM-4PM)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.foodnow.net">www.foodnow.net</a> and <a href="http://www.comidaahora.net">www.comidaahora.net</a></td>
</tr>
<tr>
<td>CalFresh</td>
<td>Supplemental Nutrition Assistance Program (SNAP) <a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a> 510-272-3663</td>
</tr>
</tbody>
</table>

### Additional Resources

- [Bay Area Community Health (BACH)](http://www.bach.health) 510-252-6808 510-770-8040
- [Bay Area Community Health (BACH)](http://www.bach.health)

### Contact Information

- **Alameda County Health Care Services Agency Public Health Department** 510-267-8000 Main Line
- **COVID-19 Information** 510-268-2101
- [www.acphd.org](http://www.acphd.org)

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**Alameda County Resources**

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Ver: 03-16-2023