



Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<p>If you have tested <b>positive</b> for COVID, you will need to <b>isolate</b> regardless of vaccination status or lack of symptoms.</p>	<ul style="list-style-type: none"> <li>• Stay home for at least 5 days.</li> <li>• Isolation can end after Day 5 if symptoms are not present or are resolving <b>and</b> a diagnostic test (<b>antigen preferred</b>) is negative.</li> <li>• If unable to test or choose not to test, it is best to isolate through Day 10.</li> <li>• If fever is present, isolation should continue until fever has resolved for at least 24 hours (without the use of fever-reducing medications, such as Tylenol/ibuprofen).</li> <li>• If other symptoms are not resolving, continue to isolate until symptoms are resolving or until after Day 10.</li> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidance below for additional information).</li> </ul>

**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. 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](http://www.acphd.org)