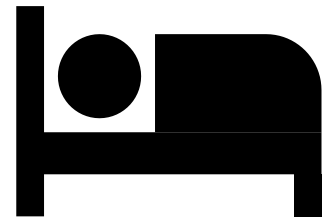




## I think or know I have COVID-19, and I have symptoms. When can I leave isolation?

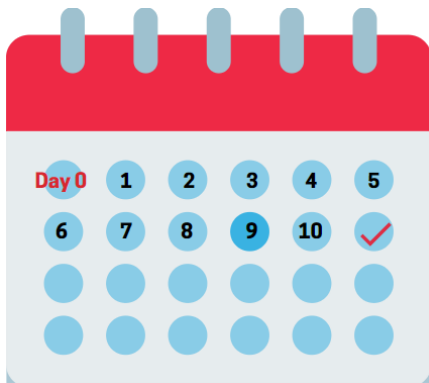
You can be around others after:

- 10 days since your symptoms first appeared **and**
- 24 hours with no fever **and**
- Your COVID-19 symptoms have improved.



## I tested positive for COVID-19, but I've never had any symptoms. When can I leave isolation?

Stay at home and stay away from others until 10 days have passed since your positive test.



Day zero (0) is your first day of symptoms or the day you received a positive test result.

On day 11 you can leave isolation.\*

**You do not need a negative test to leave isolation or return to work.**

*\*A small number of people should isolate for 20 days when told to do so by their doctor.*



**ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT**

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