When Can I Leave Isolation? 05/18/2021

Tips

When Can I Leave Isolation (Isolation) Period for COVID-19?

Can I leave? COVID-19 (COVID-19) duration and when to leave isolation (Isolation)?

When can I leave isolation (Isolation)?

• Day 0 (Day zero) is the last day of isolation, and isolation will last for 10 days. The 10 days begin with Day 0.
• Day 11, if the individual is symptom-free, he/she can leave isolation (Isolation).

ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Health Officer

Contact
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COVID-19 Information: (510) 268-2101
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*If symptoms persist or new symptoms develop, contact your healthcare provider.