WHEN CAN I LEAVE ISOLATION?

If you are sick or think/know you have COVID-19

Stay home in isolation, away from others for at least 10 days

On day 10 ask yourself if both of these are true in the past 24 hours:
- I have had no fever
- My symptoms have improved

If both are true then you can leave isolation on day 11*

If not true, then stay in isolation until true

If you tested positive for COVID-19 but never had ANY symptoms

Stay home in isolation, away from others for 10 days

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

Stay safe
Stay home
Stay healthy

Alameda County Health Care Services Agency

Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities