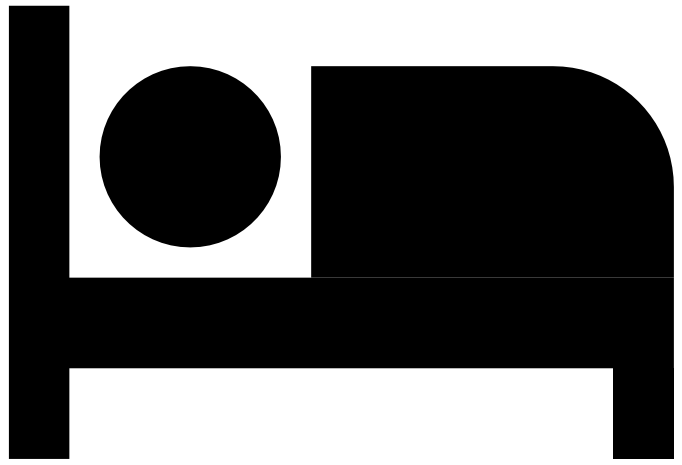


WHEN CAN I LEAVE ISOLATION?

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



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



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

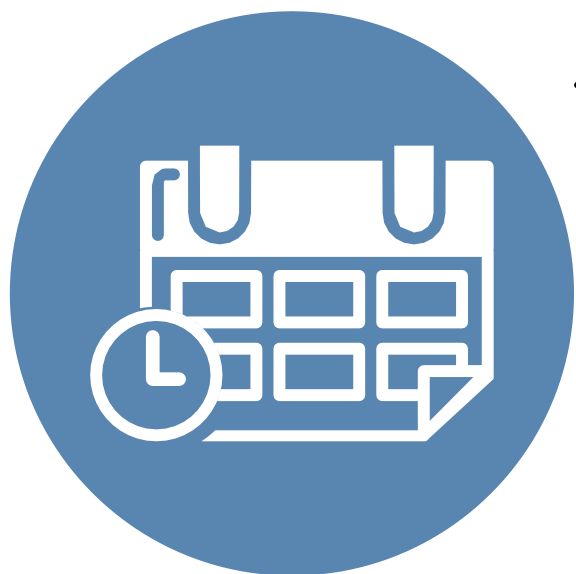


If not true, then stay in isolation

until true

On day 10 ask yourself if both of these are true in the past 24 hours:

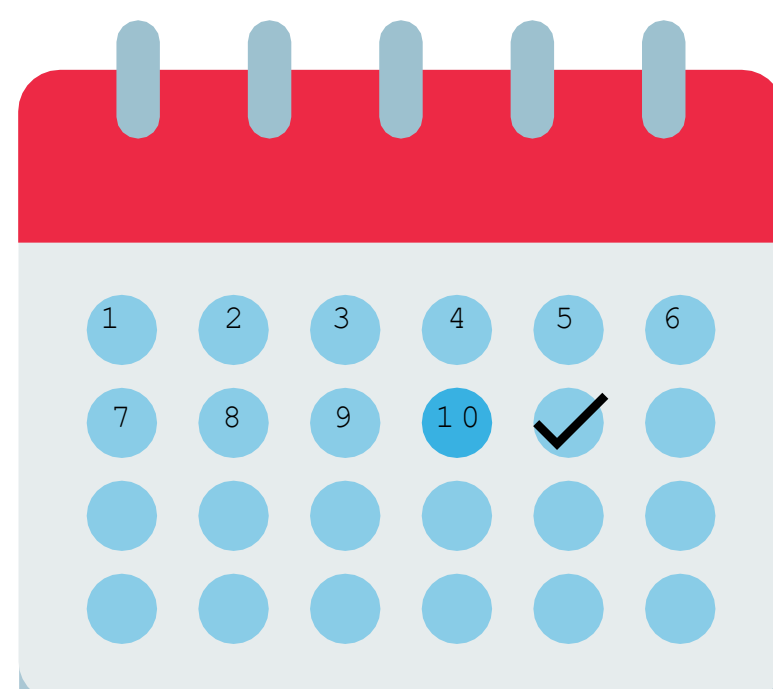
- I have had no fever**
- My symptoms have improved**



If 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*



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities