When do I self-release from isolation for COVID-19?

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

Stay Home

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

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

If both are true then self-release 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

Stay home in isolation, away from others for 10 days.

On day 11 you may self-release from isolation.

[Sources: Alameda County Health Care Services Agency, Alameda County Public Health Department]