



# ALAMEDA COUNTY COVID-19 HEALTH EMERGENCY

COUNTY OF ALAMEDA ★ CALIFORNIA

Office of Emergency Services  
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Alameda County Health Care Services Agency

FOR IMMEDIATE RELEASE

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## Alameda County Continues COVID-19 Quarantine Requirements in Alignment with the CDC

*Quarantine is required for residents who are not fully vaccinated and are close contacts of someone who has tested positive for COVID, regardless of their symptom status.*

**ALAMEDA COUNTY, CA** – Today, Alameda County announced that it will maintain current [quarantine](#) requirements as defined by the Centers for Disease Control and Prevention (CDC). Alameda County is aligned with the [State’s K-12 and childcare quarantine guidance](#), and this announcement does not impact children and youth in these settings. The City of Berkeley is an independent local health jurisdiction and has aligned its quarantine guidance with the State.

People who are not vaccinated or not fully vaccinated should stay home and away from other people for at least 5 days after their last contact with a person who has COVID-19. They may leave quarantine after day 5 if they test negative on or after day 5, if they have no symptoms. People who are symptomatic or who test positive must follow [isolation requirements](#). A person is [fully vaccinated](#) two weeks after receiving all recommended doses in the primary series of their COVID-19 vaccination. Quarantine is not required for people who have had COVID within the last 90 days.

For quarantine requirements, Alameda County continues to use the [CDC’s definition of close contact](#): being less than 6 feet away from someone with confirmed COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period. People with confirmed COVID-19 are considered infectious starting two days before either developing symptoms or testing positive if they have no symptoms.

These requirements will continue until Alameda County announces alignment with the [State’s quarantine guidance](#) and definition of close contact. Local health officials will review Alameda County case data weekly to determine if continuing with the CDC’s quarantine guidance is necessary to protect public health.

“Cases are rising gradually in Alameda County,” said Dr. Nicholas Moss, Alameda County Health Officer. “Moving cautiously with quarantine requirements is prudent, especially while we are still evaluating the impact of the BA.2 variant and recent changes in masking policy.”

Alameda County health officials monitor local, regional, state, and federal data to inform local public health decisions. A sharp change in case trends or other metrics as we saw during this winter’s Omicron surge may require additional measures to protect public health.

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