



Date:

Dear

Your child <name> has been identified as having close contact exposure to a person with COVID-19 who was present at <child care or preschool name>, from the dates of <dates>. We are working closely with the Alameda County Public Health Department to identify close contacts, and you may get a call from them regarding this event.

FULLY VACCINATED PEOPLE do not need to quarantine but should self-monitor for symptoms for 10 days and wear a [well-fitting mask](#) when around others, especially indoors. CDPH recommends testing for vaccinated people 5 days after exposure. If any symptoms develop during this 10-day period, your child must immediately isolate and test.

- Fully vaccinated means a person has had both shots for Pfizer or Moderna or one shot for Johnson & Johnson at least 2 weeks ago.

WHAT TO DO IF YOUR STUDENT IS NOT FULLY VACCINATED:

Option 1: TEN-DAY QUARANTINE; Information can be found [here](#)

Your child must stay home for 10 days. If they do not develop symptoms during their quarantine, they can come back to their child care program on Day 11. No test is needed.

Date of last exposure (Day 0)		<date>
Date child can return to child care or preschool:		<Day 11>

Option 2: RETURNING TO CHILD CARE OR PRESCHOOL FIVE DAYS WITH A NEGATIVE TEST

Your child must stay home for at least 5 days. If they do not have symptoms AND get a negative test on or after Day 5, they can come back to child care or preschool on Day 6 or later, depending on when the negative test result is received. They should wear a [well-fitting mask](#) around others for 10 days, especially indoors.

You can use an antigen or PCR test. You may use a home test but you will need to verify it as follows: <add your child care program or preschool’s verification process or remove this reference>

Date of last exposure (Day 0)		<date>
Negative test on date:		<Day 5>



Earliest date child can return to child care or preschool:

<Day 6 >

MORE INFORMATION ABOUT QUARANTINE:

- Follow all recommended interventions (e.g., wear a well-fitting mask when around others, hand washing, avoiding crowds) through Day 10 from last exposure day. For more information on masks, [click here](#).
- Continue self-monitoring for COVID symptoms through Day 10 from last exposure day.
 - Fever (Alameda County defines a fever as greater than 100°F/37.8°C)
 - Cough
 - Shortness of breath
 - Any other symptoms such as chills, body aches, fatigue, sore throat, headache, runny nose or nasal congestion, loss of taste or smell, nausea, vomiting or diarrhea. More information about symptoms can be [viewed here](#).
- If any symptoms develop during this 10-day period, your child must immediately isolate, get tested, and contact the healthcare provider with any questions regarding care. See more information about what to do if your child is sick with COVID symptoms [here](#).
- If your child requires urgent medical attention, please call the healthcare facility BEFORE you leave home (or 911 dispatcher if it's a medical emergency) and tell them that they may have been exposed to COVID-19.
- Older adults and people with serious medical conditions like diabetes, heart disease, lung disease, or a weakened immune system may become seriously ill with COVID-19. If your child or family member are in a high-risk group, please review CDC guidance [here](#).

TESTING INFORMATION

Students, staff, and family members may access no-cost COVID-19 testing at:

- [<Add link to all testing sites>](#)
- <https://covid-19.acgov.org/testing>

If you have any questions about COVID-19, please call the Alameda County Public Health Department at 510-268-2101. If you would like resources to support your family during this time, please go to <https://covid-19.acgov.org/community-resources> or scan this QR code with your phone.



If you want to sign up for a vaccine (after quarantine is over), please go to <https://covid-19.acgov.org/vaccines>

We will be happy to welcome your child back to in-person learning on the date specified above. In the meantime, you can always contact us [<Fill in phone/email>](#) with questions and concerns.



Alameda County Health Care Services Agency
Public Health Department
www.acphd.org

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

Public Health Department: Main Line (510) 267-8000
COVID-19 Vaccine Appointments: (510) 268-4829

COVID-19 Information: (510) 268-2101

Sincerely,
<NAME, TITLE, and CONTACT INFORMATION