

When Can I Leave Isolation?



Tips

Persons Who Test Positive for COVID-19	Recommended Action
<p>If you have tested positive for COVID, you should isolate regardless of vaccination status or lack of symptoms.</p> <p>Not following this recommended action may increase likelihood of spreading COVID-19 to others.</p>	<ul style="list-style-type: none">• <u>Stay home for at least 5 days.</u>• Isolation can end after Day 5 if:<ul style="list-style-type: none">• Symptoms are not present, or are mild and improving;• AND• You are fever-free for 24 hours (without the use of fever-reducing medication).• If fever is present, continue isolation until fever has resolved for at least 24 hours (without the use of fever-reducing medications, such as Tylenol/ibuprofen).• If other symptoms are not resolving, continue to isolate until symptoms are resolving or until after Day 10.• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking guidance below).• Medications are available to prevent severe COVID-19 disease. Please visit: https://covid-19.acgov.org/treatment.page

People who live, work, or visit places that are high-risk for severe COVID-19 spread or have vulnerable individuals (example: healthcare and emergency services, jails, homeless shelters) should follow any additional requirements or guidance from the facility.

Note:

The guidelines above reflect the most recent recommendations by CDC and CDPH (California Department of Public Health). They are available to you as an option, though risk of transmission may exist past 5 days. Isolating away from others for 10 days continues to be the safest option.

Masking Guidance:

Wearing a well-fitting mask is essential to protecting others through 10 days after your infection starts. After ending isolation, persons may remove their mask sooner than Day 10 with two sequential negative tests (antigen test preferred), 24 hours apart. Note: this will only affect the general public but cannot be applied to covered workers due to current language in CalOSHA regulations. Learn more information on how to get the most protection from masks at <https://www.bit.ly/3TayrUV>



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

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

Contact
Public Health Department:
(510) 267-8000 Main Line
COVID-19 Information:
(510) 268-2101

www.acphd.org

Updated: 3/13/2023