



Follow these important steps while you wait for your COVID-19 test results to prevent infecting others.

Step 1: [Self Isolate](#) now while you are waiting for the results of your COVID-19 test.

Step 2: Tell your household members, intimate partners, and in-home caregivers that you need to keep away from them to keep them safe. If any of them have been in close contact with you, they will need to [self quarantine](#).

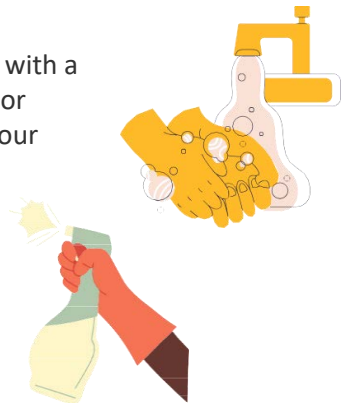
Don't Wait: How to Self Isolate:



- **Stay Home.**
- Stay in your own room and away from other people in your home as much as you can. **It is very important to stay away from people who are at [higher risk of serious illness](#).**
- Use a separate bathroom, if available.
- Anyone entering your room should wear a facemask if possible. After leaving your room, they should immediately clean their hands, then remove and dispose of their facemask in a lined trash can, then wash their hands again,
- Do not prepare or serve food for others.
- Do not care for children if possible.
- Do not handle pets or other animals if possible.
- Do not allow visitors into your home.
- Do not use public transportation, ride shares or taxis.
- Do not go to work, school, or public areas.

Prevent the spread of COVID-19

- **Cover your coughs and sneezes.** When you cough or sneeze, cover your mouth and nose with a tissue or sneeze into your sleeve. Do not cough or sneeze into your hands. After coughing or sneezing into a tissue, throw away the tissue into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.
- **Wash your hands often and thoroughly with soap and water for at least 20 seconds.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid sharing household items.**
- **Clean and disinfect all “high-touch” surfaces every day.**
- [Follow the Alameda County Public Health Department Home Isolation Instructions](#)



You received this document because you have been tested and are waiting for results



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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