



Follow these important steps while you are waiting for your COVID-19 Test results to prevent infecting others.

Step 1: [Self Isolate](#) at home 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](#).



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 face mask 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 to 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.** Use a tissue or sneeze into your elbow. Do not cough or sneeze into your hands. Throw away used tissue into a lined trash can and immediately wash your hands with soap and water.
- **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.**
- **Clean and disinfect all “high-touch” surfaces every day.**
- **Avoid sharing household items.**
- [Follow the Alameda County Public Health Department Home Isolation and Quarantine 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

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

www.acphd.org

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