



Home Isolation and Quarantine Instructions for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

- 1) If you have a lab confirmation of or a doctor's diagnosis of COVID-19, you are subject to Health Officer Order of Isolation at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>
- 2) If you are a household or close contact to a person with COVID-19, you are subject to Health Officer Order of Quarantine at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>
- 3) For asymptomatic employees and health care personnel being tested as part of routine workplace testing efforts, it is not necessary to isolate while awaiting test results. Isolation is required, however, for any positive test result and for anyone tested because of suspected COVID-19 symptoms.

Home Isolation Instructions

If you have been diagnosed with COVID-19 you must follow these Home Isolation steps to prevent the spread of disease. If you test positive, please expect a call from us, your local health department, to see how you are feeling and to conduct contact tracing. If you have been tested because of suspected COVID-19 symptoms and are awaiting test results, follow these Isolation instructions until the test results arrive.

Stay home until you are recovered

- Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease, or a weakened immune system, you are at a higher risk of more serious illness or complications.
- Do not go to work, school, or public areas.
- Stay home until at least 10 days after you first became ill AND at least 1 day after you have recovered. Recovery means that your fever is gone for 24 hours without the use of fever-reducing medications (e.g. Tylenol®) and your symptoms (e.g. cough, shortness of breath, etc.) have improved.
- If you never became ill but have COVID-19, stay home for at least 10 days following the date of your test.
- People in your home, your intimate partners, and caregivers are considered "close contacts" and should follow the Home Quarantine Instructions. This includes persons who had close contact with you from 48 hours before your symptoms began until you isolated yourself. Please share this document with them.

What if you can't separate yourself from others?

- Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 15 days from the last day they had close contact with you, or from the date you are released.

Home Quarantine Instructions

If you live in the same household OR had close contact with someone diagnosed with COVID-19 (including contact from 48 hours before they experienced any symptoms until they self-isolated) you must follow these Home Quarantine steps. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. It is critical to stay home and monitor your own health during this time to prevent passing on potential infection to anyone else.

Stay home to see if you develop symptoms

- Your last day of quarantine is 15 days from when you were last in close contact with the person with COVID-19. If you continue close contact, the 15-day quarantine period will have to restart.
 - Close contact means that you've been within 6 feet of the person with COVID-19 for more than 15 minutes or touched body fluids or secretions without using the appropriate precautions.
 - If you are unable to avoid close contact, you must stay in quarantine until 15 days from when the person with COVID-19 completes their isolation period. This is likely to be at least 24 days total.

Should you be tested?

- If you can safely access testing, we do recommend that contacts be tested. Please note that a negative test result within the 14-day period does not mean that you cannot become positive later. You must stay home in quarantine for the entire 14-day period.

What if you develop symptoms?

- COVID-19 symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell.
- If you develop symptoms, you may have COVID-19 and you should follow the Home Isolation Instructions.
- Monitor your symptoms closely and seek medical care if symptoms become severe. **More on Next Page**

Restrictions and Information Applying to Both Those in Home Isolation and Quarantine

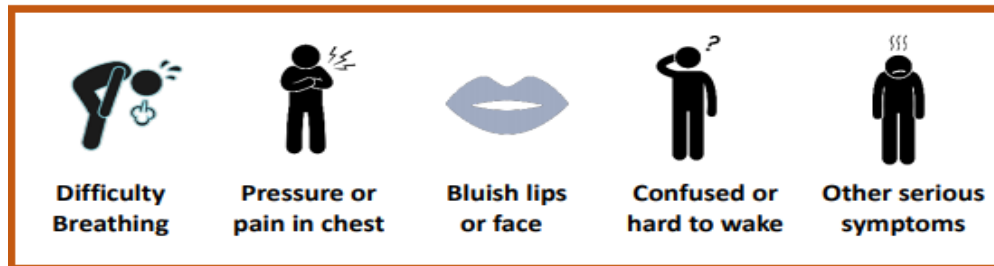
- Stay home. Do not go to work, school, or public areas.
- Separate yourself from others in your home. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom, if available.
- Do not prepare or serve food to others
- Do not allow visitors into your home.
- Do not use public transportation, ride shares or taxis.

Prevent the spread:

- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trash can and immediately wash your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Avoid sharing household items. Do not share dishes, cups, utensils, towels, bedding and other items with people in your home. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include, e.g. counters, tabletops, doorknobs, fixtures, toilets, phones, tv remotes, keys, keyboards, tables, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.

Practice home care:

- Rest, drink plenty of fluids, take acetaminophen (Tylenol®) to reduce fever and pain.
 - Note that children younger than age 2 should not be given any over-the-counter cold medication without first speaking with a doctor.
 - Note that medicines do not “cure” COVID-19 and do not stop you from spreading the germs.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.
- **Symptoms that indicate you should seek medical care include:**



- If possible, call ahead before going to your doctor’s office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms and wear a facemask at all times if possible.
 - If you call 911, you must notify the dispatch and paramedics that you are under isolation for COVID-19.
 - Do NOT use public transportation.

Will public health notify my workplace?

Public Health will not notify or release any personal information about you to your workplace unless it is necessary to do to protect your health or the health of others.

Thank you for your cooperation in this important public health matter.

COVID-19 can be stressful for people, here are some tips for managing emotional health during uncertain times:
<http://www.acphd.org/media/558462/covid19-managing-emotional-health-20200306.pdf>.

Expanded versions of these instructions and all Health Officer Orders are available at: <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>. If you have additional questions, please visit www.acphd.org, call our general COVID line at 510-268-2101 or email us at ncov@acgov.org.



HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19 No. 20-05d

Public Health Emergency **Isolation** Order

Date Order Issued: April 3, 2020, amended May 4, 2020, June 8, 2020, and July 28, 2020

This Order is in effect until rescinded in writing by the Health Officer.

SUMMARY OF THE ORDER

California is in a State of Emergency because of the COVID-19 pandemic. The spread of Novel Coronavirus (COVID-19) is a substantial danger to the health of the public within the County of Alameda. COVID-19 can easily spread between people who are in close contact with one another. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to Coronavirus Disease 2019 (COVID-19). The age, condition, and health of a significant portion of the population of the County of Alameda (“County”) places it at risk for serious health complications, including death, from COVID-19. There is growing evidence of transmission risk from infected persons before the onset of symptoms, and from some people who do not show any symptoms. Thus, all individuals who contract COVID-19, regardless of their level of symptoms (none, mild or severe), may place other vulnerable members of the public at significant risk. Currently, there is no vaccine available to protect against COVID-19 and no specific treatment.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in the County of Alameda from being overwhelmed, it is necessary for the Alameda County Public Health Department (“Public Health”) to isolate persons with COVID-19.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE COUNTY OF ALAMEDA HEALTH OFFICER ORDERS:

All individuals who have been diagnosed with or are likely to have COVID-19 must isolate themselves. These persons are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.

Violation of this Order is a crime, punishable by a fine of up to \$10,000 and/or a year in jail. (Health & Saf. Code §§ 120295 et seq.; Cal. Penal Code §§ 69 & 148)

Isolation Requirements for Individuals Diagnosed with or Likely to have COVID-19

A. All individuals who have been diagnosed with or are likely to have COVID-19 must immediately take the following actions:

1. **Isolate themselves** in their home or another residence. They may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care.
2. Carefully review and closely follow all requirements listed in the “Home Isolation Instructions” posted at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation> and attached to this order



3. Tell their close contacts that they need to quarantine themselves. Close contacts who should be notified to self-quarantine are people who were with them during their infectious period. The infectious period starts from 48 hours before symptoms began (or the date of the positive test if no symptoms) and ends when the isolation period is over (see Section C below). Close contacts are persons who:
 - Live in or have stayed at their residence OR
 - Are intimate sexual partners OR
 - Provide or provided care to them without wearing a mask, gown, and gloves OR
 - Were within 6 feet of a case for a prolonged period of time (> 15 minutes).
4. Refer them to the “Home Quarantine Instructions”, posted at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>, which describe steps that household contacts, intimate partners, and caregivers and other close contacts must take to prevent spread of COVID-19. Close contacts have likely been exposed to COVID-19 and if infected, can easily spread COVID-19 to others, even if they have only mild symptoms.

B. Individuals are required to isolate themselves because they have or are likely to have COVID-19.

This determination is based on one or more of the following factors:

1. A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19
2. Signs and symptoms that are consistent with COVID-19 within 14 days of being in close contact with a person who had or was believed to have had COVID-19 OR
3. A health care provider has informed the individual that they are likely to have COVID-19.

Self-isolation is required because a person infected with or likely to have COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.

C. Isolated individuals must isolate themselves in a residence and follow all directions in this Order until they are no longer at risk for spreading COVID-19 based on the following criteria:

1. At least 1 day (24 hours) has passed since recovery, defined as both resolution of fever without the use of fever-reducing medications and improvement of cough, shortness of breath or other symptoms; AND
At least 10 days have passed since their symptoms started; whichever is later.
2. Individuals with a positive test who never develop symptoms must isolate for 10 days from date of their first positive diagnostic test.

The Health Officer may take additional action(s), which may include civil detention or requiring one to stay at a health facility or other location, to protect the public’s health if an individual who is subject to this Order violates or fails to comply with this Order. Violation of this Order is also a misdemeanor punishable by imprisonment, fine or both.

IT IS SO ORDERED:

July 28, 2020

Dr. Nicholas J. Moss
Interim Health Officer, County of Alameda

Date



HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19 No. 20-06d

Public Health Emergency **Quarantine** Order

Date Order Issued: April 3, 2020, amended May 4, 2020, June 8, 2020 and July 28, 2020

This Order is in effect until rescinded in writing by the Health Officer.

SUMMARY OF THE ORDER

California is in a State of Emergency because of the COVID-19 pandemic. The spread of Novel Coronavirus (COVID-19) is a substantial danger to the health of the public within the County of Alameda. COVID-19 can easily spread between people who are in close contact with one another. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to Coronavirus Disease 2019 (COVID-19). The age, condition, and health of a significant portion of the population of the County of Alameda (“County”) places it at risk for serious health complications, including death, from COVID-19. There is growing evidence of transmission risk from infected persons before the onset of symptoms, and from some people who do not show any symptoms. Thus, all individuals who contract COVID-19, regardless of their level of symptoms (none, mild or severe), may place other vulnerable members of the public at significant risk. Currently, there is no vaccine available to protect against COVID-19 and no specific treatment.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in Alameda County from being overwhelmed, it is necessary for the County of Alameda Public Health Officer (“Health Officer”) to require the quarantine of persons exposed to a person diagnosed with COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at risk for spreading the disease.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE COUNTY OF ALAMEDA HEALTH OFFICER ORDERS:

All household members, intimate partners, caregivers of a person with COVID-19, and individuals who have had close contact to a person with COVID-19 must quarantine themselves. These persons are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.

Violation of this Order is a crime, punishable by a fine of up to \$10,000 and/or a year in jail. (Health & Saf. Code §§ 120295 et seq.; Cal. Penal Code §§ 69 & 148)



**Quarantine Requirements for Household Contacts,
Intimate Partners, Caregivers, and Close Contacts of Persons with COVID-19**

Close contacts to persons with COVID-19 (“cases”) are defined as individuals who:

- Live in or have stayed at the case’s residence OR
- Are intimate sexual partners of the case OR
- Provide or provided care to the case without wearing a mask, gown, and gloves OR
- Are within 6 feet of a case for a prolonged period of time (> 15 minutes).

AND

This contact occurred while the case was determined to be infectious. A case is infectious from 48 hours before their symptoms began and until they are released from isolation.

All individuals who have been identified as close contacts to a person with COVID-19 must immediately take the following actions:

1. Stay in their home or another residence through 14 days from the last date that they were in contact with the person infected or likely to be infected with COVID-19. Individuals are required to quarantine themselves for the entirety of the 14-day incubation period because they are at high risk for developing and spreading COVID-19.
2. Quarantined persons may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care.
3. Carefully review and closely follow all requirements listed in the “Home Quarantine Instructions,” at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>.
4. If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), they should isolate themselves at home and away from other people and follow the “Home Isolation Instructions,” posted at <http://www.acphd.org/2019-ncov/resources/quarantine-and-isolation>. This is because they are likely to have COVID-19 and if so, can spread it to vulnerable individuals.

The Health Officer may take additional action(s), which may include civil detention or requiring one to stay at a health facility or other location, to protect the public’s health if an individual who is subject to this Order violates or fails to comply with this Order. Violation of this Order is also a misdemeanor punishable by imprisonment, fine or both.

IT IS SO ORDERED:

Dr. Nicholas J. Moss
Interim Health Officer, County of Alameda

July 28, 2020

Date