

UPDATED CDC RECOMMENDATIONS FOR ISOLATION AND QUARANTINE

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house after testing negative on a rapid antigen test (not a PCR test) if tests are readily available.
- Continue to wear a mask around others for 5 additional days.



If you have fever or persistent COVID symptoms after 5 days continue to stay home at least 10 days or until cleared by your healthcare provider

If You Were Exposed to Someone with COVID-19 (Quarantine)

For those who have been boosted

OR Completed the primary series of the Pfizer vaccine within the last 5 months

OR Completed the primary series of the Moderna vaccine within the last 5 months

OR Completed the primary series of the J&J vaccine within the last 2 months:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.



For those who are unvaccinated

OR Completed the primary series of the Pfizer vaccine over 5 months ago and are not boosted

OR Completed the primary series of the Moderna vaccine over 5 months ago and are not boosted

OR Completed the primary series of J&J over 2 months ago and are not boosted:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home.



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

Public Health Emergency **Isolation** Order

Date Order Issued: April 3, 2020, amended May 4, 2020, June 8, 2020, July 27, 2020, October 21, 2021 and January 7, 2022.

This Order is in effect until rescinded in writing by the Health Officer.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

All individuals who have been diagnosed with or are likely to have COVID-19 must immediately comply with CDPH’s [Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public](#) except as specified below:

- A. A 10-day isolation period following the date of symptom onset OR date of the first positive test if asymptomatic remains the safest option.
- B. Testing on Day 5 or later to end isolation after 5 days or any time before 10 days is recommended but not required. Antigen testing is preferred. If the test is positive, the individual must complete the full 10-day isolation period.



- C. Healthcare providers at licensed acute care hospitals, psychiatric hospitals and skilled nursing facilities must follow the guidance outlined in [AFL 21-08.6](#). Healthcare providers in other settings should follow the CDC’s [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#).
- D. Staff of Adult and Senior Care (ASC) licensees must follow the guidance outlined in [PIN 21-23-ASC](#).
- E. Staff in correctional and detention facilities are strongly recommended to isolate for 10 days.
- F. Residents in Correctional and Detention Facilities must isolate for 10 days.
- G. Residents in Shelters for Unhoused Persons are recommended to isolate for 10 days.
- H. Residents in any congregate residential setting must isolate for 10 days on a case-by-case basis if instructed by the Health Officer.
- I. Other state or federal laws or regulations may apply, including but not limited to workplace safety regulations, which require restrictions or exclusions from work for persons with COVID-19. Nothing in

This Order supersedes all prior orders of the County of Alameda’s Health Officer regarding isolation requirements.

This Order shall become effective at 11:59 p.m. on January 7, 2022 and will continue to be in effect until rescinded, superseded, or amended in writing by the Health Officer.

Copies of this Order shall promptly be: (1) made available at the County Administration Building at 1221 Oak Street, Oakland, California 94612; (2) posted on the County Public Health Department’s website; and (3) provided to any member of the public requesting a copy of this Order.

If any provision of this Order or its application to any person or circumstance is held to be invalid, the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.

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
Health Officer, County of Alameda

January 7, 2022

Date



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

Public Health Emergency **Quarantine** Order

Date Order Issued: April 3, 2020, amended May 4, 2020, June 8, 2020, July 27, 2020, October 30, 2020, December 24, 2020, February 16, 2021, April 27, 2021, May 5, 2021, September 3, 2021, September 10, 2021, November 18, 2021, and January 7, 2022

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 Coronavirus Disease 2019 (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 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. Making the problem worse, some individuals who contract the virus causing the COVID-19 disease have no symptoms when they are infectious, which means they may not be aware they carry the virus and are transmitting it to others. 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.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in Alameda County from being overwhelmed, the County of Alameda Public Health Officer (“Health Officer”) requires the quarantine of persons exposed to a person with COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at substantial 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 individuals who have had close contact with a person with COVID-19 must quarantine themselves unless they meet specific criteria described below. 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 Close Contacts of Persons with COVID-19

All individuals who are close contacts of a person with COVID-19 must immediately comply with CDPH's *Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public* except as specified below. The CDC defines a "Close contact" as Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For purposes of this Order, a healthcare worker or correctional staff member who has had contact within 6 feet of a case, even if the cumulative exposure add up to 15 minutes within a day, are not considered to have been close contact with the case if the healthcare worker or correctional staff member had properly donned appropriate personal protective equipment (PPE) for the entire duration of their contact with the case. Testing to end quarantine on the 5th day or any time before 10 days is recommended but not required. Exceptions:

- A. Healthcare providers at licensed acute care hospitals, psychiatric hospitals, and skilled nursing facilities must follow the guidance outlined in the current version of [AFL 21-08](#). Healthcare providers in other settings should follow the CDC's *Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2*.
- B. Staff of Adult and Senior Care (ASC) licensees must follow the guidance outlined in PIN 21-23-ASC, or subsequent guidance from the California Department of Social Services.
- C. Staff in correctional and detention facilities must quarantine as specified in CDPH guidance and are strongly recommended to quarantine for 10 days. Asymptomatic correctional and detention staff can return to work before completing a 5-day quarantine if their employer is facing critical staffing shortages, but they should work in an area of the facility away from residents when possible until 10 days have passed.
 - i. For the purposes of this Order, **critical staff shortages** occur when there are no longer enough staff to provide safe patient, resident, or inmate care or protect public safety and the shortages cannot be alleviated absent the return of the otherwise-quarantined employee to work.



- ii. Workers who return to work before completing their full quarantine must continue wearing surgical masks or respirators at all times during work and must also continue to self-monitor for symptoms each day. If an employee develops symptoms at any point during the 14 days after exposure (including if the employee develops symptoms while at work), the employee must immediately return to and remain at home, not return to work, and follow the Health Officer's Isolation Order and Guidance.
 - iii. Workers who return to work before completing quarantine may only leave quarantine to provide services needed to alleviate critical staffing shortages. These individuals remain subject to standard quarantine restrictions at all other times until their quarantine period is complete.
- D. **Asymptomatic unvaccinated emergency response personnel** subject to quarantine under CDPH guidance may return to work before completing quarantine if their employer is facing **critical staff shortages**.
- i. For the purposes of this Order, **critical staff shortages** occur when there are no longer enough staff to provide safe patient, resident, or inmate care or protect public safety and the shortages cannot be alleviated absent the return of the otherwise-quarantined employee to work.
 - ii. For the purposes of this Order, **emergency response personnel** includes federal, state, and local law enforcement; 911 call center staff; hazardous material responders from the public and private sectors; emergency medical providers and firefighters.
 - iii. Asymptomatic workers may return to work **before Day 5** after an exposure with a negative FDA-authorized diagnostic test (e.g., PCR, antigen). Testing should be repeated as practicable through Day 5.
 - iv. Workers who return to work before completing their full quarantine must continue wearing surgical masks or respirators at all times during work and must also continue to self-monitor for symptoms each day. If an employee develops symptoms at any point during the 14 days after exposure (including if the employee develops symptoms while at work), the employee must immediately return to and remain at home, not return to work, and follow the Health Officer's Isolation Order and Guidance.
 - v. Workers who return to work before completing quarantine may only leave quarantine to provide services needed to alleviate critical staffing shortages. These individuals remain subject to standard quarantine restrictions at all other times until their quarantine period is complete.
- E. Students in K-12 educational settings must follow the guidance outlined in *COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year*.
- F. Residents in Correctional and Detention Facilities must quarantine for 10 days.
- G. Residents in Shelters for Unhoused Persons are recommended to quarantine for 10 days.
- H. Residents in any congregate residential setting must quarantine for 10 days on a case-by-case basis if instructed by the Health Officer.
- I. Other state or federal laws or regulations may apply, including but not limited to workplace safety regulations, which require restrictions or exclusions from work for persons with COVID-19. Nothing in this Order supersedes, overrides, or otherwise modifies such state or federal laws or regulations.



This Order supersedes all prior orders of the County of Alameda's Health Officer regarding quarantine requirements.

This Order shall become effective at 11:59 p.m. on January 7, 2022 and will continue to be in effect until rescinded, superseded, or amended in writing by the Health Officer.

Copies of this Order shall promptly be: (1) made available at the County Administration Building at 1221 Oak Street, Oakland, California 94612; (2) posted on the County Public Health Department's website; and (3) provided to any member of the public requesting a copy of this Order.

If any provision of this Order or its application to any person or circumstance is held to be invalid, the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.

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:

A handwritten signature in black ink, appearing to read "N. J. Moss", is written over a horizontal line.

Dr. Nicholas J. Moss, MD, MPH
Health Officer, County of Alameda

January 7, 2022

Date