

Per recommendation of the Alameda County Health Officer: Individuals residing in Congregate Residential Settings and Shelters for Unhoused Persons should adhere to isolation and quarantine guidelines **that are different** from those of the public or facility staff. Extended quarantine/isolation periods are recommended to reduce the transmission of COVID-19 in high-risk settings and populations.

Isolation/Quarantine Guidelines for Shelter Settings	
Symptoms of COVID-19, with positive OR negative test	Isolation begins on day symptoms begin and continues 10 days, exit on Day 11 if symptoms resolve
Positive COVID-19 test with no symptoms	Isolation begins on day of test and continues 10 days, exit on Day 11
Exposed to COVID-19, fully vaccinated	Quarantine not required; take rapid antigen test 5 days after last high-risk exposure**
Exposed to COVID -19, not fully vaccinated	Quarantine begins the day after the last high-risk exposure and continues for 10 days**

** If symptoms begin individuals should be assumed positive and begin isolation

Isolation/Quarantine guidelines:

- Individuals in isolation/quarantine (I/Q) should stay removed from other residents and staff except, if needed, to get medical care.
- Cancel non-essential appointments
- Meals and necessities should be provided on site to residents in I/Q.
- If residents in I/Q must frequent shared spaces (kitchens, bathrooms) they should do so at designated times scheduled to avoid contact with others.
- Individuals in I/Q should undergo a daily symptom check to screen for symptom onset in those in quarantine and resolution of symptoms for those in I/Q
- Residents in I/Q should adhere to strict mask wearing and social distancing if they interact with other residents.