When do I self-release from isolation for COVID-19?

If you are sick and think/know you have COVID-19:

Stay Home

Stay home in isolation, away from others for at least 10 days.

On day 10 ask yourself if these are true:
- For the past 24 hours, I have had no fever.
- My other symptoms have improved.

If both are true, then self-release on day 11.

If not true, then stay in isolation until true.

If you tested positive for COVID-19 but never had any symptoms:

Stay Home

Stay home in isolation, away from others for 10 days.

On day 11 you may self-release from isolation.

Adapted from Alameda County July 29, 2020 www.sjcphs.org