



Mendocino County Health & Human Services Agency

Healthy People, Healthy Communities

Tammy Moss Chandler, Director
Noemi Doohan, MD, PhD, County Health Officer



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 <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>.
- 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 <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>.
- 3) If you are awaiting test results, follow Isolation Instructions until results arrive. If your results are negative, nothing further needs to be done, these instructions do not apply to you.

Home Isolation Instructions

If you have been diagnosed with COVID-19 OR you are awaiting COVID-19 test results, you must follow these Home Isolation steps to prevent the spread of disease.

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 3 days after you have recovered. Recovery means that your fever is gone for 72 hours without the use of fever-reducing medications (e.g. Tylenol®) and your respiratory symptoms (e.g. cough, shortness of breath) have improved; Note: In the event your health care provider or appropriate authority, such as Mendocino County Public Health, dictate a longer period of isolation, the later date controls.
- If you never became ill but have COVID-19, stay home for at least 14 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.
- After the expiration of isolation you must wear a mask when you return to essential activities and essential work outside the home for at least 14 days after your symptoms first appeared.

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 14 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 14 days from when you were last in close contact with the person with COVID-19. If you continue close contact, the 14-day quarantine period will have to restart.
 - Close contact means people in your house, your intimate partners, as well as people who provided care to you without wearing a mask gown and gloves.
 - If you are unable to avoid close contact, you must stay in quarantine until 14 days from when the person with COVID-19 completes their isolation period. This is likely to be at least 21 days total.

What if you develop symptoms?

- 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. You do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care.

More on Next Page ☐

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

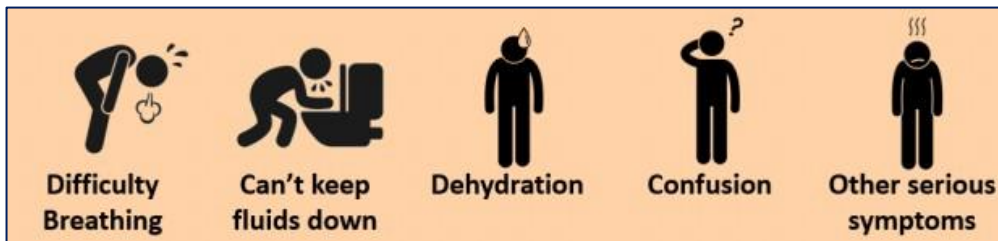
- Stay home. Do not go to work, school, or public areas.
- Separate yourself from others in your home. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom, 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:
<https://www.mendocinocounty.org/community/novel-coronavirus/behavioral-health-resources>

Expanded versions of these instructions and all Health Officer Orders are available at: <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>. If you have additional questions, please email conveys@mendocinocounty.org or call (707) 391-3593



Mendocino County Health & Human Services Agency

Healthy People, Healthy Communities

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Noemi Doohan, MD, PhD, County Health Officer



COVID-19 Health Advisory – April 9, 2020

Health Care Providers to Disseminate Mendocino County Health Officer Isolation and Quarantine Orders to Patients with Suspected COVID-19

Situation

- As of April 30, 2020, 12 cases of COVID-19, have been reported in Mendocino County residents.
- Beginning March 18, 2020, and as revised on March 24, 2020, and again on April 24, 2020, the Mendocino County Health Officer (H.O.) issued an order directing all residents to continue sheltering at their place of residence other than to provide or receive essential services until further notice. (<https://www.mendocinocounty.org/community/novel-coronavirus/health-order>) Additionally, the Health Officer issued a Facial Covering Order April 24, effective May 1, 2020.
- The Mendocino County Health Officer requires the assistance of our healthcare providers to issue individualized isolation and quarantine orders.
- **On April 9, 2020, the H.O. issued blanket isolation orders that will apply to all persons diagnosed with suspected or confirmed COVID-19 and blanket quarantine orders that will apply to close contacts of cases. Effective April 9, 2020, Mendocino County Public Health directs health care partners to disseminate blanket orders to all patients being tested for COVID-19 or who are presumptively diagnosed with COVID-19 without testing BEFORE they leave the health care facility.**
- We greatly appreciate your assistance with getting these orders and instructions to your patients immediately, to prevent community transmission.

Actions Requested of Clinicians

1. **Prioritize COVID-19 testing in persons meeting updated CDC and California Department of Public Health (CDPH) criteria** regardless of which laboratory is performing testing. See: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html> and <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/GuidanceforPrioritizationofPatientsforLaboratoryTestingforCOVID19.aspx>
2. **Print out and give the MCPHD Health Officer Isolation and Quarantine Orders Packet to all patients being tested for COVID-19** or in whom you strongly suspect COVID-19 but will not be testing. The Orders Packet is posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> In addition to the orders, the packet contains home isolation and quarantine instructions.
3. Place a patient identification sticker or handwrite the patient's name on the Health Officer Order of Isolation.
4. Fill out the DOCUMENTATION OF SERVICE OF THE PUBLIC HEALTH EMERGENCY ISOLATION ORDER at the bottom of the Order and return to Mendocino County Public Health via fax to (707) 472-2714.
5. **Instruct your patients to:**
 - a) Self-isolate at home while waiting for the results of COVID-19 testing (if being tested);
 - b) Adhere to the Health Officer Order of Isolation if their COVID-19 test results are positive or if you diagnose them with COVID-19 without laboratory testing;
 - c) Follow the MCPHD Home Isolation and Quarantine Instructions;
 - d) If diagnosed with COVID-19, inform their household members, intimate partners and in-home caregivers. They must also provide those individuals with the Health Officer Order of Quarantine, and the Home Quarantine Instructions that are included in the packet.
6. In order to ensure that COVID-19 suspected or confirmed cases and their close contacts are properly placed in isolation or quarantine, the EOC has acquired emergency housing for this purpose. For clinicians requesting emergency housing AFTER HOURS (after 8pm and before 8am), please call the Clinician Hotline (707) 472-2606. This number operates 24/7. **It is the responsibility of the treating clinician to ensure safe disposition of the patient in isolation or quarantine until the EOC is able to assist.**



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Tammy Moss Chandler, Director
Noemi Doohan, MD, PhD, County Health Officer



ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO
PUBLIC HEALTH EMERGENCY ISOLATION ORDER FOR COVID-19
DATE OF ORDER: APRIL 9, 2020
EFFECTIVE UNTIL RESCINDED

Please read this Order carefully. Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both. (California Health and Safety Code § 120275, et seq.)

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE
SECTIONS 101040, 101085, 120175, 120215, 120220, and 120225
THE COUNTY OF MENDOCINO HEALTH OFFICER ORDERS:

SUMMARY OF THE ORDER

1. 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 Mendocino. 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). This Order is intended to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19.
2. The age, condition, and health of a significant portion of the population of the County of Mendocino ("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. 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.
3. To help slow COVID-19's spread, protect vulnerable individuals, and prevent the healthcare system in the County of Mendocino from being overwhelmed, it is necessary for the Health Officer to require the self-isolation of persons diagnosed with or likely to have COVID-19.
4. All healthcare providers within the County are requested to provide a copy of this Order to all individuals who have been diagnosed with or are likely to have COVID-19, fill out the **Documentation of Service of the Public Health Emergency Isolation Order for COVID-19** form at the bottom of this Order and send the filled out Order to Mendocino County Department of Public Health via fax to (707) 472-2714.

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE
SECTIONS 101040, 101085, 120175, 120215, 120220, and 120225**

THE COUNTY OF MENDOCINO HEALTH OFFICER ORDERS:

All individuals who have been diagnosed with or are likely to have COVID-19 must isolate themselves. Persons isolated 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 (in accordance with Section “C.” below). 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 <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this order.
3. **Tell their close contacts that they need to quarantine themselves for 14 days after their last contact with them.** Close contacts are persons who had contact with someone diagnosed with or likely to have COVID-19 during the 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 order. Close contacts are persons who:
 - a. Live in or have stayed at the their residence OR
 - b. Are intimate sexual partners. OR
 - c. Provide or provided care to them without wearing a mask, gown, and gloves.
4. **Refer them to the “Home Quarantine Instructions”, posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>** which describe steps that household contacts, intimate partners, and caregivers 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. Mendocino County Public Health will also be contacting these individuals to the extent possible.

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

Self-isolation is immediately required if a person meets 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 (i.e., fever, cough, shortness of breath or trouble breathing), 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.

These persons are required to self-isolate 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. It protects everyone, including people who are at high risk for serious illness, such as older adults and people with weakened immune systems.

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. Individuals with a positive test who never develop symptoms must isolate for 14 days from date of test, like a quarantined individual. OR
2. Individuals with symptoms consistent with COVID-19 must isolate until:
 - a. At least 3 days (72 hours) have passed since recovery, defined as resolution of both fever without anti-pyretic (the use of fever-reducing medications) and improvement of cough, shortness of breath and other symptoms; AND
 - b. At least 10 days have passed since their symptoms started; whichever is later. AND
 - c. When cleared by individual's health care provider and appropriate authority.
3. Note: For those individuals who do not require hospitalization and who do not have a residence or are unable to return to their previous residence, the place of isolation will be determined by the County of Mendocino Emergency Operations Center by contacting the EOC COVID-19 Clinician Hotline (707) 472-2606.

D. After the expiration of isolation individuals must wear a mask when they return to essential activities and essential work outside the home for at least 14 days after symptom onset.

The Mendocino County 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.

The individual or the individual's authorized lawful representative may contact the Public Health, Communicable Disease Unit at (707)391-3593 or

IT IS SO ORDERED:

Date 05/1/20

[*affix sticker here*]

Date: _____ Name: _____
(Full name of person delivering order)

Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection and People Awaiting COVID-19 Test Results

The following instructions are for people who have COVID-19. It also includes information for their households, families or caregivers.

If you are sick and have been diagnosed with COVID-19 or you are suspected to have COVID-19 (because you have been exposed to someone with COVID-19), follow these two critical steps to help prevent the disease from spreading to people in your home and community.

1. Separate yourself from other people in your home.

- As much as possible stay in a different room, away from other people in your home. Use a separate bathroom if available. If a separate bathroom is not available, clean the bathroom after use (see next page)
- It is especially important to stay away from people who are at higher risk of serious illness, such as people who are age 65 years and older, pregnant women, people who have chronic illnesses or weak immune systems. Consider alternate living arrangements for them if at all possible.

2. Stay Home and Practice Home Care

1. Do not leave your home (except to seek medical care).
2. 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 they do not stop you from spreading the germs.
3. 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 being evaluated for the 2019 novel Coronavirus infection. This will help the health care provider take steps to keep other people from getting infected.
 - **Do not wait in any waiting rooms and wear a facemask at all times if possible.**
 - If you need to travel by ambulance, you must notify the paramedics that you are under isolation for novel Coronavirus.
 - Do NOT use public transportation.

These are the additional steps you should take to prevent the disease from spreading to people in your home and your community.

Stay Home until You are Well and Recovered

- Do not go to work, school, or public areas.
- Stay home until at least 10 days have passed after your symptoms first appeared AND at least 3 days after you have recovered. Recovery means that your fever is gone for 72 hours without the use of fever-reducing medications and your respiratory symptoms (e.g. cough, shortness of breath) have improved. Note: In the event your health care provider or appropriate authority such as Mendocino County Public Health dictate a longer period of isolation, the later date controls.
- While sick, only leave your home to see a doctor, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a mask if possible.
- If you do not have someone to help you, if possible, arrange for food and other necessities to be left at your door. If you need to meet someone at your door, wear a mask.
- After the expiration of isolation you must wear a mask when you return to essential activities and essential work outside the home for at least 14 days after your symptoms first appeared.

Separate Yourself from Others

- Stay in a specific room and away from other people in your home as much as possible.
- If you have to be in the same room with another person or other people in your household, try to stay at least 6 feet from others and wear a facemask if possible. If you cannot wear a facemask, the people who live with you should wear one if possible, while they are in the same room with you.
- Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
- Do not allow visitors in your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.
- Do not care for children. If possible, arrange for another trusted adult to do so.
- Anyone entering your room should wear a facemask 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.

Prevent the Spread

- **Cover your coughs and sneezes.** When you cough or sneeze, cover your mouth and nose with a tissue or sneeze into your sleeve. Do not cough or sneeze into your hands. After coughing or sneezing into a tissue, throw away the tissue into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.
- **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, or contact with moist materials such as a tissue. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can also be used instead of soap and water if the hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
- **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding 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.
- **Do not have visitors.**

- **Clean and disinfect all “high-touch” surfaces every day.** High touch surfaces include, e.g. counters, tabletops, doorknobs, bathroom 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.

Quarantine

- People in your house, your intimate partners, as well as people who provide or provided care to you without wearing a mask, gown, and gloves, are considered to be “close contacts”. Because these close contacts have been exposed, it is possible that they will get COVID-19.
- They should self-quarantine (not leave the house and stay separate from you) for 14 days even if they feel well because it can take 2– 14 days for them to show symptoms.

What if you can’t separate yourself from others?

- It is recommended that everyone stay at least 6 feet away from you while you are under home isolation. If this is not possible, anyone who continues to be in close contact with you will need to extend their quarantine period to 14 days from the last time they had close contact with you.
- Your caregivers and household contacts should wear a disposable facemask and gloves if they clean your room or bathroom or come into contact with your body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). They should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

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

COVID-19 can be stressful for many people, here are some tips for managing emotional health during uncertain times at <https://www.mendocinocounty.org/community/novel-coronavirus/behavioral-health-resources>.

If you have any additional questions, please contact (707) 391-3593 or, converys@mendocinocounty.org



Mendocino County Health & Human Services Agency

Healthy People, Healthy Communities

Tammy Moss Chandler, Director

Noemi Doohan, MD, PhD, County Health Officer



ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO PUBLIC HEALTH EMERGENCY QUARANTINE ORDER FOR COVID-19

DATE OF ORDER: APRIL 10, 2020

EFFECTIVE UNTIL RESCINDED

Please read this Order carefully. Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both. (California Health and Safety Code § 120275, *et seq.*)

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE
SECTIONS 101040, 101085, 120175, 120215, 120220, and 120225
THE COUNTY OF MENDOCINO HEALTH OFFICER ORDERS:**

SUMMARY OF THE ORDER

1. 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 Mendocino. 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). This Order is intended to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19.
2. The age, condition, and health of a significant portion of the population of the County of Mendocino ("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. 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.
3. To help slow COVID-19's spread, protect vulnerable individuals, and prevent the healthcare system in the County of Mendocino from being overwhelmed, it is necessary for the Health Officer to require the self-quarantine of persons exposed to a person diagnosed with or likely to have 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, 120175, 120215, 120220, and 120225
THE COUNTY OF MENDOCINO HEALTH OFFICER ORDERS:**

All household members, intimate partners, caregivers and individuals who have been in close contact with a person diagnosed with or likely to have COVID-19, as defined in this Order must quarantine themselves. Persons quarantined 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, and Caregivers of Persons with COVID-19, and Other Persons Notified by Public Health

A. Close contacts to persons with COVID-19 (i.e., “cases”) are defined as individuals who:

- a. Live in or have stayed at the case’s residence OR
 - b. Are intimate sexual partners of the case. OR
 - c. Provide or provided care to the case without wearing a mask, gown, and gloves. OR
- AND
- d. This contact occurred while the case was determined to be infectious. A case is infectious within 48 hours before that person’s symptoms began and until that person is no longer required to be isolated.

B. All individuals who know that they have been in close contact as a household member, an intimate partner, a caregiver outside of a healthcare setting, or other close contact, as defined above (or who have been identified as close contacts) are required to immediately take the following actions:

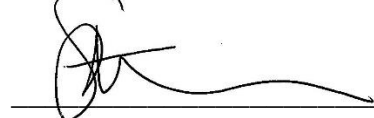
1. **Stay in their home or another residence through 14 days from the last date that they were in contact with the person diagnosed with or likely to have COVID-19.** Self-quarantine is required for the entirety of the 14-day incubation period because an individual is at high risk for developing and spreading COVID-19, if that individual has had close contact, as defined above, with a person who has:
 - a) A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19
 - b) Signs and symptoms that are consistent with COVID-19 (i.e., fever, cough, shortness of breath or trouble breathing), within 14 days of being in close contact with a person who had or was believed to have had COVID-19 OR
 - c) A health care provider has informed the individual that they are likely to have COVID-19.

Note: For those individuals who do not have a residence or are unable to return to their previous residence, the place of quarantine will be determined by the County of Mendocino Emergency Operations Center by calling the EOC COVID-19 Clinician Hotline at (707) 472-2606.

2. **Quarantined individuals may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care for the entire 14-day incubation period**, the typical time between exposure and when symptoms and signs of the disease may develop.
3. **Carefully review and closely follow all requirements listed in the “Home Quarantine Instructions,” at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>.**
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 <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this Order.** This is because they are likely to have COVID-19 and if so, can spread it to vulnerable individuals.

The Mendocino County 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. Noemi Doohan, MD, MPH
Health Officer, County of Mendocino

4/10/2020

Date

Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

This quarantine guidance is for people who live in the same household or had close contact with someone with Coronavirus Disease 2019. Please follow these steps to help prevent COVID-19 from spreading in your home or in your community.

Home Quarantine – Why am I being asked to do it?

If you live with or you have been in close contact with someone who has COVID-19 infection and even if you feel well now, it is possible that you are also infected. 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. You have been asked to self-quarantine in case you are infected so that you do not pass on the infection to anyone else.

How long do I need to self-quarantine?

- Since it can take 2-14 days to show symptoms, your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.
- If you come in close contact with the COVID-19-positive person, such as people in your house, your intimate partners, as well as people who provide or provided care to you without wearing a mask, gown, and gloves, are considered to be “close contacts”. If you are unable to avoid close contact, you should stay in quarantine until day 14 from when the person with COVID-19 became eligible to be “cleared” from their own isolation. This is likely to be at least 21 days.

What must I do if I am self-quarantining? What are the restrictions?

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Do not allow visitors into your home.
- 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. This includes people who are age 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system. Consider different living arrangements for these high-risk people if possible.
- Use a separate bathroom, if available.
- Try to stay at least 6 feet away from others.
- Do not prepare or serve food to others.
- Avoid caring for children. If possible, arrange for another trusted adult to do so.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Cover your coughs and sneezes with a tissue.

- Avoid sharing household items.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and beside 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

What if I develop symptoms?

If you develop symptoms, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, lung disease, diabetes, kidney disease, or a weakened immune system you are at higher risk of more serious illness or complications. Monitor your symptoms closely and seek medical care early if they get worse. You do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care.

You need to remain home for at least 14 days from the onset of symptoms and at least 3 days after your fever is completely gone and your respiratory symptoms are better. Call your medical provider if you have concerns or questions about the need for testing. You should continue to isolate yourself and follow the instructions for Home Isolation. If symptoms worsen or continue and you need to seek medical care, call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.

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 so 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 many people, here are some tips for managing emotional health during uncertain times at <https://www.mendocinocounty.org/community/novel-coronavirus/behavioral-health-resources>.

If you have any additional questions, please contact (707) 391-3593 or, converys@mendocinocounty.org