



Mendocino County Health & Human Services Agency

Healthy People, Healthy Communities

Andy Coren, MD, County Health Officer



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

DATE OF ORDER: DECEMBER 15, 2020

EFFECTIVE DECEMBER 16, 2020

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:

Violation or failure to comply with this Order is a misdemeanor
punishable by imprisonment, fine or both.
(Health & Safety Code §§ 120295 et seq.; Cal. Gov. § 8665; Penal Code §19;
Mendocino County Ordinance No. 4464)

NOTE: On December 2, 2020, the CDC revised guidelines reducing the quarantine period from 14 to 10 days, which reduction is also anticipated by CDPH on December 14, 2020. This order reflects these changes. (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>; <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>)

Quarantine Requirements for Close Contacts of Persons with COVID-19

1. WHO IS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER:

All individuals who reside in Mendocino County who are close contacts of a COVID-19 case are required to quarantine themselves and follow all instructions of this Order.

A “close contact” is anyone who was exposed to a person with COVID-19 (“case”) while they were infectious/contagious:

- 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
- d) Were within 6 feet of a case for a prolonged period of time (15 minutes or more cumulatively over a 24-hour period). AND
- e) 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 self-isolated.
- f) Note: In the event of a **potential** or **known** cluster (2 or more cases) among coworkers in a business (including healthcare workers), the close contacts of the case include even those workers who were wearing a respirator or facemask.¹

¹ Per CDPH: “the determination of epi-linkage should generally be made irrespective of whether HCP were wearing a respirator or facemask. Although respirator or facemask use mitigates the risk of exposures, a cluster of cases meeting the investigation and reporting thresholds suggests a breach or lapse in practice (e.g., HCP not using appropriate personal protective equipment while caring for a patient with unrecognized COVID-19, or HCP not physically distancing and wearing facemasks in breakrooms) that should be further investigated and reported.” <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-20-75.aspx>

2. WHAT ARE YOU REQUIRED TO DO IF YOU ARE A CLOSE CONTACT:

To prevent the spread of COVID-19, the Mendocino County Health Officer ("Health Officer") hereby requires the above individuals to immediately:

- a) Self-quarantine and stay in their home or another residence 10 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 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:

- (1)** A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; OR
- (2)** Symptoms that are consistent with COVID-19 (i.e., flu-like symptoms such as sore throat, coughing, shortness of breath, subjective fever (or a temperature of 100.0F/ 37.8C or greater), or sudden loss of sense of smell and/or taste), 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.

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 quarantine will be determined by the County of Mendocino Department Operations Center by contacting the DOC COVID-19 Shelter Hotline (707) 472-2676.

- b) 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 10-day period.** NOTE: If you are in contact with a person with higher vulnerability to infection, consider extending your quarantine for 14 days and testing on day 15, which would be an added measure of safety.

- c) Carefully review and closely follow all requirements listed in the "Home Quarantine Instructions," at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order>.**

If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), they should seek medical care, and if indicated, seek coronavirus testing from their medical provider or County Public Health, and 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.

- d)** The Health Officer also strongly recommends, to the extent possible, that all quarantined individuals (who do not develop any symptoms), seek coronavirus testing from their medical provider or County Public Health, after the conclusion of their quarantine, preferably on Day 11, or very shortly thereafter, depending on testing capacity.
- e)** After stopping quarantine, people must strictly adhere to all COVID-19 prevention measures, including consistent use of face coverings and maintaining at least 6

feet distance from others through Day 14. Additionally, people should watch for symptoms until 14 days after exposure (and self-isolate and contact public health or healthcare provider if any symptoms develop).

3. WHAT IF YOU ARE AN ASYMPTOMATIC HEALTHCARE WORKER (HCW) OR FIRST RESPONDER (FR)?

Asymptomatic Healthcare Worker/ First Responder Quarantine Exception

- Facility Must Provide Surge Plan to Public Health identifying triggers for staff shortages by contacting DOC
- Critical Level staff shortage = unable to operate without HCW/FR starting in 8-10 days
- Work cannot be performed remotely
- Inability to obtain alternate staff through Temp Help/Mutual Aid
- HCW/FR in fact, returns to work
- Facility will require HCW/FR to mask for 14 days
- Facility implemented all best practice prevention mitigation measures
- Facility will require HCW/FR to STOP working if any symptoms
- HCW/FR may not enter SNFs, homeless shelters or County jail

Asymptomatic Healthcare Workers² (defined as one who delivers care and services to the sick and ailing either directly as clinicians, such as physicians and nurses, or indirectly as aides, helpers, laboratory technicians, or medical waste handlers), First Responders (including law enforcement, social service workers responding to abuse or neglect of children, elders and dependent adults), Disaster Service Workers (as determined by the Incident Commander), Emergency Management Personnel, Emergency Dispatchers, and Court Personnel, who are close contacts of a case of COVID-19, but are not known to be infected, may return to work during the 10 day quarantine period upon approval of County Public Health if the facility (employing or engaging the worker) and the worker have been cooperative with County Public Health for contact tracing and case investigation, and upon the facility employing or contracting the healthcare worker/first responder informing County Public Health that all of the following conditions are met:

- a) The facility currently is experiencing “**critical level shortages**” as identified in the facility’s surge plan, which plan must be provided to Departmental Operation Center (DOC) of County Public Health by calling DOC Manager at **(707) 472-2620** and emailing **DOC-Liaison@mendocinocounty.org**.³
- b) Critical level shortages” require certification that the essential operations of the facility would be compromised by quarantine of the worker because the facility is unable to accommodate starting in 8-10 days without the quarantined worker on site. The facility must also certify that the work cannot be performed remotely (e.g., from home), and there is an inability to obtain alternate staff whether through temporary help or mutual aid, to perform the same critical duties of the quarantined worker.
 - During an established **critical** level shortage, upon approval by County Public Health, the Asymptomatic Healthcare Worker/First Responder may return to work on day 8 after receiving a confirmed negative PCR test result from a specimen

² Only in the event of the highest level, crisis capacity shortage, may exposed asymptomatic clinical hospital trainees such as student nurse trainees and medical residents prior to board examination and certification, return to work. This is in line with ACGME Guidance explaining that not until Stage 3, self-declaring Pandemic Emergency Status, should most or all residents/fellows shift to patient care with the majority of educational activities suspended. (See <https://acgme.org/COVID-19/-Archived-Three-Stages-of-GME-During-the-COVID-19-Pandemic>). This exception is due to fact that trainees must be supervised and can be replaced at work by their supervisor unless crisis shortage exists.

³ This Surge Plan should be determined by the facility with reference to CDC Guidance, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>, for the particular healthcare worker classification due to reaching surge capacity as a result of the COVID-19 pandemic.

- taken after day 5.
- For situations involving a higher level of healthcare worker/first responder shortage not anticipated by CDPH's Updated Quarantine Guidance and this Order, please refer to "Crisis Capacity Strategies to Mitigate Staffing Shortages" as described by CDC, for guidance when there are no longer enough staff to provide safe patient care (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>). Such higher level shortages must be immediately reported to County Public Health by phone to **(707) 472-2640** and may be publicly disclosed by County Public Health to the Board of Supervisors during COVID-19 updates. Facilities must also work closely with County Public Health in determining options and approval for asymptomatic healthcare workers returning to work before Day 8.
- c)** In accordance with State CDPH Guidance to Employers on Responding to COVID-19 in the Workplace (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Employer-Guidance.aspx>) and CDPH Updated COVID-19 Quarantine Guidance (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>):
- the facility employing or engaging the worker has sufficient medical grade masking and will ensure the worker will wear such masking (or facial covering in the event of a shortage of masking) for 14 days (except while eating and drinking);
 - the facility has implemented all best practice infection prevention procedures, as determined by County Public Health, including, but not limited to: pre-screening to assess worker temperature and symptoms prior to starting work has been implemented, ideally before entering the facility; self-monitoring by worker for temperature and symptoms prior to starting work; worker is able to maintain a minimum of six feet of distance to the extent possible from other workers in the workplace; physical barriers are in place between fixed worker locations to supplement distancing to the extent possible; and cleaning and disinfection of all areas and shared equipment can be performed routinely in the workplace;
 - the worker will immediately cease working with the public and isolate upon developing even mild symptoms consistent with COVID-19;
- d)** During the course of the 10 day period, the worker's duties will not involve entering any congregate care facilities, such as skilled nursing facilities, homeless shelters, or the County jail;
- e)** The worker, in fact, returns to work.
- f)** Standards for Testing:
- Testing strategies for healthcare workers returning to work will depend on the healthcare facility's protocols.
 - As with any quarantine, testing on Day 11, or very shortly thereafter, is advisable to the extent possible.


4. WHAT ARE YOU REQUIRED TO DO IF YOU WERE A PRIOR COVID-19 CASE COMPLETED ISOLATION AND THEN ARE A CLOSE CONTACT OF A NEW CASE?

In the event a known prior COVID-19 positive individual (who has completed isolation), is identified as a close contact of a case of COVID-19, such individual would be required to quarantine on a case by case basis, as determined by Public Health. Currently, there is no data indicating that recovered COVID-19 cases are susceptible to reinfection sooner than

180 days.

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. Howard Andrew Coren, MD
Health Officer, County of Mendocino

12/15/2020

Date

Documentation of Service of the Public Health Emergency
Quarantine Order for COVID-19:

On _____ (DATE) I served _____ (FULL NAME)

DOB _____ PHONE _____ ADDRESS: _____

a copy of: **ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO**
PUBLIC HEALTH EMERGENCY QUARANTINE ORDER FOR COVID-19

The individual presented for testing/sample collection on: _____ (DATE) at _____ (TIME).

Quarantine should be completed (10 days after individual presented for testing OR 10 days after their last close contact, whichever is LATER): _____ (DATE) at _____ (TIME).

Quarantined individuals may contact Mendocino County Public Health at **(707) 472-2759**. Only County Public Health may release quarantine sooner, and only if able to verify an earlier date of last close contact with a case. Quarantined individuals who continue their close contact will be required to restart the 10 day quarantine period.

COPY OF THIS ORDER BY (CHECK ONE & identify where individual will be quarantining):

☐ In-person. The undersigned personally served this order.

☐ Electronic mail at _____ (email address).

☐ First class mail at _____ (address).

☐ Phone at _____ (phone number) and I spoke with an individual who affirmatively identified themselves as the individual named in this Order. I then personally informed the individual that they are required to quarantine as set forth in the *Public Health Emergency Quarantine Order for COVID-19*, a copy is available at:

<https://www.mendocinocounty.org/community/novel-coronavirus/health-order>

The individual told me they will be quarantining at: _____

_____ (address) **AND verbally**

confirmed their understanding that quarantine is 10 days after individual presented for testing OR 10 days after their last close contact, whichever is LATER, i.e., on _____ (DATE) at _____ (TIME).

SERVER'S INFORMATION

Name: _____ Telephone: _____

Address: _____

I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.

Date: _____ Signed: _____

**PLEASE IMMEDIATELY FAX COMPLETED DOCUMENTATION OF SERVICE TO
COUNTY PUBLIC HEALTH (707) 472-2714**