# 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](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](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 the date of test (date of sample collection) 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 10 days following the date of your test (date of sample collection).
- 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.

## 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 with whom you were within 6 feet for >10 minutes or more and/or 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.
- All quarantined individuals (who do not develop any symptoms), should seek coronavirus testing after the conclusion of their quarantine, preferably on Day 15, or very shortly thereafter.

## What if you develop symptoms?
- If you develop symptoms, you may have COVID-19 and you should seek medical care and if indicated, coronavirus testing from your medical provider or County Public Health, and 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.
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:
  - Difficulty Breathing
  - Can’t keep fluids down
  - Dehydration
  - Confusion
  - Other serious symptoms

- 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 healthcare 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 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 people, here are some tips for managing emotional health during uncertain times: [https://www.mendocinocounty.org/community/novel-coronavirus/behavioral-health-resources](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](https://www.mendocinocounty.org/community/novel-coronavirus/health-order) If you have additional questions, please email DOC-Nursing@mendocinocounty.org or call (707) 472-2759
ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO
PUBLIC HEALTH EMERGENCY ISOLATION ORDER FOR COVID-19
DATE OF ORDER: August 03, 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 & Safety 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 or with the approval of County Public Health.

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](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 is over. 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, **OR**
   d. Were within 6 feet of a case for a prolonged period of time (i.e., more than 10 minutes).

4. **Refer close contacts to the “Home Quarantine Orders”, posted at** [https://www.mendocinocounty.org/community/novel-coronavirus/health-order](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 or no 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., flu-like symptoms such as sore throat, coughing, shortness of breath, subjective fever (or a temperature of 100.0°F/37.8°C 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, including that the individual has obtained a COVID-19 test, which results are pending.

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. For purposes of this order, “date of test” means the date the sample was collected.

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 10 days from date of test. 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 the date of test; whichever is later. AND
   c. When released from isolation by individual’s health care provider and/or appropriate public health authority.

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 Department Operations Center by contacting the DOC COVID-19 Shelter Hotline (707) 472-2676.

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) 472-2759 or DOC-Nursing@mendocinocounty.org, if the individual has any questions or seeks
clarification of any part of this order. If the individual or their authorized lawful representative believes that they are not a person described in the order, then the individual or their lawful authorized representative may submit a written objection to: HHSA_Admin@mendocinocounty.org

IT IS SO ORDERED:

08.03.2020

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

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**Documentation of Service of the Public Health Emergency Isolation 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 ISOLATION ORDER FOR COVID-19

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

Isolation should be completed (10 days later): __________________(DATE) at ___________(TIME).

COPY OF THIS ORDER BY (CHECK ONE and identify where the individual will be isolating):

[ ] In-person. The undersigned personally served this order.

[ ] First class mail at ___________________________________________ (address)

[ ] Phone at __________________________ (phone number if different from above) 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 isolate as set forth in the Public Health Emergency Isolation Order for COVID-19, a copy of which is available at:

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

The individual told me they will be isolating at:

____________________________________________ (ISOLATION address)

and verbally confirmed understanding that isolation is until __________ (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
ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO
PUBLIC HEALTH EMERGENCY QUARANTINE ORDER FOR COVID-19

DATE OF ORDER: AUGUST 3, 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 & Safety Code §§ 120295 et seq.; Cal. Penal Code §§ 69 & 148)

Quarantine Requirements for Household Contacts, Intimate Partners, Close Contacts and Caregivers of Persons with COVID-19

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
   d. Were within 6 feet of a case for a prolonged period of time (> 10 minutes or more).
   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 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., 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
   c) 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.

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.


4. 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.

5. The Health Officer also 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 15, or very shortly thereafter.

6. Asymptomatic healthcare workers (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) who are close contacts of a case of COVID-19, but are not known to be infected, may return to work during the 14 day quarantine period 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 healthcare facility employing or contracting the healthcare worker informing County Public Health that all of the following conditions are met:
   a. The healthcare facility currently is experiencing crisis level shortages, as 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;
   b. 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:
      • 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 the duration of the 14 day period (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 upon developing even mild symptoms consistent with COVID-19;

c. During the course of the 14 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;

d. The work cannot be done remotely;

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 15, or very shortly thereafter, is advisable to the extent possible.

7. Asymptomatic First Responders (including law enforcement, social 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 had an unprotected exposure to, or are a close contact of a case of COVID-19, but are not known to be infected, may only return to work during the 14 day quarantine period in the event County Public Health approves that the facility (employing or engaging the worker) and the worker have been cooperative with County Public Health for contact tracing and case investigation, and the facility certifies to, and receives approval from, County Public Health, that all of the following conditions have been met:

   a. The facility (whether public, private or volunteer), employing or engaging the worker is experiencing “crisis level shortages”, such that the essential operations of the workplace would be compromised by quarantine of the worker because the facility is unable to accommodate 7 days or less without the quarantined worker on site OR “urgent level shortages” such that the facility is unable to accommodate between 8-14 days without the quarantined worker on site AND:
      - 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;

   b. 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-

• 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 the duration of the 14 day period (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 employee 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 from other workers in the workplace; physical barriers are in place between fixed worker locations to supplement distancing; 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 upon developing even mild symptoms consistent with COVID-19;

c. During the course of the 14 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;

d. The worker, in fact, returns to work;

e. Standards for testing:

• in the case of “crisis level shortages”, the worker may return to work immediately upon approval by County Public Health with or without COVID-19 test depending on accessibility. As with any quarantine, testing on day 14 is advisable to the extent possible.

• in the case of “urgent level shortages”, the worker may return to work on day 8 or later, in the event of 2 negative tests, no sooner than day 5 and 7. As with any quarantine, testing on Day 15, or very shortly thereafter, is advisable to the extent possible.

8. 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:

\[Signature\]
Dr. Noemi Doohan, MD, MPH
Health Officer, County of Mendocino

08.03.2020
Date
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 (14 days after individual presented for testing OR 14 days after their last close contact, whichever is LATER): __________________________(DATE) at ______(TIME).  
Quarantined individuals may contact Mendocino County Public Health at (707) 472-2714. 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 14 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 14 days after individual presented for testing OR 14 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