



**Public Health Department
of Mendocino County**
Healthy People, Healthy Communities
Andy Coren, MD, County Health Officer



**ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO
PUBLIC HEALTH EMERGENCY ISOLATION ORDER FOR COVID-19
DATE OF ORDER: October 31, 2021
EFFECTIVE UNTIL RESCINDED**

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE
SECTIONS 101040, 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)

Isolation Requirements for Individuals Diagnosed With or Likely to Have COVID-19

Isolation: separates those infected with a contagious disease from people who are not infected.

Quarantine: restricts the movement of persons who are exposed to a contagious disease in case they become infected.

Isolation and quarantine can create substantial hardships. Federal and state and local resources are available to support people who are not able to isolation or quarantine in accordance with this Order.

1. WHO IS REQUIRED TO FOLLOW THIS ISOLATION ORDER:

All individuals who reside in Mendocino County who have been diagnosed with COVID-19 or are likely to have COVID-19 are required to self-isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with or likely to have COVID-19, based on one or more of the following criteria:

- a) They have received a positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; OR
- b) They have symptoms that are consistent with COVID-19, (i.e., flu-like symptoms such as sore throat, coughing, shortness of breath, subjective fever (or temperature of 100.4°F/ 38°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
- c) They were informed by a healthcare provider that they are likely to have COVID-19 (including that they have obtained a COVID-19 test and results are pending).

2. WHAT YOU ARE REQUIRED TO DO IF YOU HAVE/ ARE LIKELY TO HAVE COVID-19:

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

a) Self-isolate for at least 10 days and:







- 1. *Do not leave your place of isolation and do not enter any public or private place except to get necessary medical care for full 10 day period*

2. *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*
3. *Separate yourself from other people in your home.*
4. *Wear a mask over your nose and mouth when around others.*
5. *Avoid sharing rooms/spaces with others or if not possible, open windows to outdoor air (if safe to do so) to improve ventilation or use air filters and exhaust fans.*
6. *Avoid using the same bathroom as others; if not possible, clean and disinfect after use.*
7. *Cover your coughs and sneezes.*
8. *Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol.*
9. *Clean or disinfect "high-touch" surfaces.*

- b) **Tell all Close Contacts to self-quarantine for 10 days** after their last contact with them (see #4 Below).
- c) Communicate, cooperate, and respond to phone calls from County Public Health Case Investigation/Contact Tracing (916-262-7553).
- d) Carefully review and closely follow all requirements listed this Order and the "Home Isolation Instructions" posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this order.

3. **HOW LONG YOU ARE REQUIRED TO ISOLATE:**

- a) Individuals with a positive test who never develop symptoms must isolate for **10 days after date of sample collection for COVID-19 positive test OR**
- b) Individuals with symptoms consistent with COVID-19 must isolate until:
 - i. At least 1 day (24 hours) has passed since recovery, defined as resolution of fever (without use of fever-reducing medications) and improvement of cough, shortness of breath and other symptoms; AND
 - ii. At least 10 days after symptoms first appeared or date of sample collection for COVID-19 positive test; whichever is later; AND
 - iii. When released from isolation by individual's health care provider and/or informed they are released by Mendocino County Public Health.

Symptoms started on June 1		Symptoms improved June 6		Last fever on June 6		Last day in isolation is June 11	First day out of isolation is June 12
NO SYMPTOMS		Tested positive June 1		10 days after test		Last day in isolation is June 11	First day out of isolation is June 12

- c) *People who are severely ill or who are severely immune compromised may remain infectious and may need to isolate for as long as 20 days, especially if they are in contact with immune compromised people.*

4. **YOU MUST TELL YOUR CLOSE CONTACTS THAT THEY NEED TO SELF-QUARANTINE FOR 10 DAYS AFTER THEIR LAST CONTACT WITH YOU (AND REFER THEM TO HOME QUARANTINE ORDERS)**

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

Close contacts are all persons who had contact with you within 48 hours before your symptoms began or within 48 hours before your COVID-19 positive test sample was collected until your 10 day isolation is over AND:

- a. Lived in or stayed at your residence OR
- b. Were your intimate sexual partner. OR
- c. Provided care to you without wearing a mask, gown, and gloves, OR

- d. Were within 6 feet of you for 15 minutes or more (cumulatively over a 24 hour period) within 48 hours before symptoms began (or, if no symptoms, within 48 hours of the date of test sample collection) until your 10 day isolation period is over.
- e. **People who were fully vaccinated (2 or more weeks have passed since receiving final dose) at the time of recent contact and who have not had any symptoms are not required to self-quarantine.**

The County of Mendocino may be able to assist you to find shelter, please contact 707-472-2759.

5. ARE YOU A HOSPITAL HEALTH CARE WORKER? CHECK WITH YOUR EMPLOYER & MCPH REGARDING WHETHER THERE ARE CRITICAL STAFFING SHORTAGES.

During critical staffing shortages that persist despite other mitigation strategies, as a last resort hospitals may consider allowing Health Care Personnel (HCP) with suspected or confirmed SARS-CoV-2 infection who are well enough and willing to work but have not met all [Return to Work Criteria](#) to work, following [CDC Guidance on Mitigating Staffing Shortages](#).

Considerations for determining which HCP could be allowed to work include:

- The type of HCP shortages that need to be addressed.
- Where individual HCP are in the course of their illness (e.g., viral shedding appears to be higher earlier in the course of illness).
- The types of symptoms they are experiencing (e.g., persistent fever).
- Their degree of interaction with patients and other HCP in the facility. For example, are they working in telemedicine services, providing direct patient care, or working in a satellite unit reprocessing medical equipment?
- The type of patients they care for (e.g., immune compromised patients or only patients with SARS-CoV-2 infection).

Positive HCP may not care for patients who have not tested COVID-19 positive until at least 10 days from the date of their positive test.

If hospital HCP are allowed to work before meeting all criteria, they should be restricted from contact with severely immune compromised patients (e.g., transplant, hematology-oncology) and hospitals should consider prioritizing their duties in the following order:

- If not already done, allow HCP with suspected or confirmed SARS-CoV-2 infection to perform job duties where they do not interact with others (e.g., patients or other HCP), such as in telemedicine services.
- Allow HCP with confirmed SARS-CoV-2 infection to provide direct care only for patients with confirmed SARS-CoV-2 infection, preferably in a cohort setting.

Positive HCP must maintain separation from other HCP as much as possible (for example, use a separate breakroom and restroom) and wear a N95 respirator for source control at all times while in the facility.¹

The Health Officer may take additional action(s), which may include 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, at (707) 472-2759 or DOC-callcenter@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: DOC-callcenter@mendocinocounty.org

IT IS SO ORDERED:



Dr. Howard A. Coren, MD, County Health Officer

10/31/2021

Date

¹ See Guidance on Quarantine for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19 (<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>)

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**