



**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 AND QUARANTINE
ORDER FOR COVID-19**

**DATE OF ORDER: January 31, 2022
EFFECTIVE UNTIL RESCINDED**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 and Quarantine Requirements for COVID-19
For General Public**

DEFINITIONS

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| <p>A "COVID-19 Case" is defined as anyone who has:</p> <ul style="list-style-type: none">(1) A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; <u>OR</u>(2) Symptoms that are consistent with COVID-19 (i.e., flu-like symptoms such as sore throat, coughing, shortness of breath, a temperature of 100.4°F/ 38°C or greater, or sudden loss of smell and/or taste), but no lab test ruling out COVID-19; <u>OR</u>(3) A health care provider or the Department of Public Health has informed the individual that they are likely to have COVID-19. <p>Any COVID-19 Case must isolate, regardless of vaccine status or recent infection.</p> | <p>A "Close Contact" is anyone who was exposed to a COVID-19 Case while they were infectious/contagious:</p> <ul style="list-style-type: none">(1) Live in or have stayed at the case's residence; <u>OR</u>(2) Are intimate sexual partners of the case; <u>OR</u>(3) Provide or provided care to the case without wearing a mask, gown, and gloves; <u>OR</u>(4) Were within 6 feet of a case for 15 minutes or more (cumulatively over a 24-hour period); <u>AND</u>(5) This contact occurred while the case was determined to be infectious. A case is infectious within 48 hours before that person's symptoms began or within 48 hours before the COVID-19 positive sample was collected and until that person is no longer required to be isolated. <p>Any Close Contact must quarantine, unless they have a Current COVID-19 Vaccine, as defined below, or have had a documented case of COVID-19 that began within the last three months.</p> |
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| Isolation: separates those with a COVID-19 Case from people who are not infected. | Quarantine: restricts the movement of persons who are Close Contacts in case they become infected. |
| <p>A person is considered to have a “Current COVID-19 Vaccine” if:</p> <p>(1) They received all boosters for which they are eligible; OR</p> <p>(2) They are fully vaccinated (2 or more weeks have passed since receiving final dose) but not yet eligible for any boosters.</p> | <p>A person does <u>NOT</u> have a “Current COVID-19” Vaccine if:</p> <p>(1) They are eligible for a booster shot, but they have not yet received that booster, OR;</p> <p>(2) They are not fully vaccinated (less than 2 weeks have passed since receiving final dose).</p> |

1. WHO IS REQUIRED TO ISOLATE:

To prevent the spread of COVID-19, the Mendocino County Health Officer (“Health Officer”) hereby requires every person who meets the above definition of a **COVID-19 Case** by following all instructions set forth in **Attachment A**. They must also inform their close contacts of the need to quarantine pursuant to this order.

2. HOW LONG YOU ARE REQUIRED TO ISOLATE:

Every person who meets the definition of a **COVID-19 Case** (above) must isolate themselves by following the instructions set forth in **Attachment A**.

a) Individuals with a positive test who never develop symptoms must isolate either:

(1) for 10 days after the date of sample collection for COVID-19 positive test; OR

(2) after testing out by receiving a negative COVID-19 antigen test taken on or after day 5.¹

b) Individuals with symptoms consistent with COVID-19 must isolate until at least 24 hours have passed since resolution of fever (without medications) and improvement of symptoms; AND:

(1) for 10 days after the date of sample collection for COVID-19 positive test;
OR

(2) after testing out by receiving a negative COVID-19 antigen test taken on or after day 5.

3. WHO IS REQUIRED TO QUARANTINE:

To prevent the spread of COVID-19, the Health Officer hereby requires every person who meets the above definition of a **Close Contact** (defined above) to quarantine themselves by following all instructions set forth in **Attachment A**, unless they have a **Current COVID-19 Vaccine** (as defined above) or have had a documented case of COVID-19 that began within the last three months.

¹ Days must be counted starting the first day after the sample for the initial positive test is taken. People who develop symptoms should start counting the first day after the onset of symptoms.

A **Close Contact** who is not required to quarantine:

- a) Must self-monitor for symptoms for 10 days and if any are detected, test; AND
- b) Wear a medical or N95 type mask while near others (both indoors and outdoors) for a full 10 days; AND
- c) Should consider testing on day 5 unless you have previously tested positive for COVID-19 in the last three months.

4. HOW LONG YOU ARE REQUIRED TO QUARANTINE:

Every person who meets the definition of a COVID-19 **Close Contact** (defined above) who must quarantine themselves must follow the instructions set for in **Attachment A**.

Individuals must quarantine either (1) for 10 days or (2) after testing out by receiving a negative COVID-19 antigen test taken on or after day 5.

If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), the quarantined person should now consider themselves an active case (see #2 above) and must:

- (1) Contact their medical provider and seek coronavirus testing; AND
- (2) Contact County Public Health at **(707) 472-2759**; AND
- (3) **Isolate** themselves and follow the “Home Isolation Instructions,” posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this Order; AND
- (4) Contact their close contacts and advise them to follow quarantine instructions (**Attachment A**).

5. SPECIAL MASKING REQUIREMENTS:

Every **COVID-19 Case** and every **Close Contact** must wear a medical or N95 type mask while near others, both indoors and outdoors. This special masking requirement applies for a full 10 days after their initial positive test, the onset of symptoms, or last close contact. Masking is required for the full 10 days regardless of vaccination status, and applies even when a person tests out of isolation or quarantine requirements.

6. PROTECTIONS FOR VULNERABLE PEOPLE:

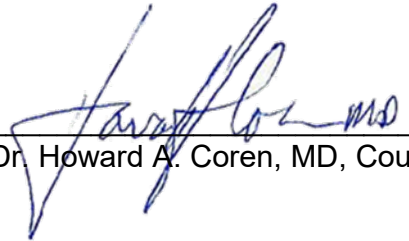
People who are moderately or severely ill, immune compromised, or are in close contact with someone who is vulnerable or immune compromised should consider isolating or quarantining for a longer period of time.

7. SPECIAL RULES FOR HEALTHCARE WORKERS:

Healthcare Workers may be subject to different requirements set forth in other orders. Please review industry specific orders posted at: <https://www.mendocinocounty.org/community/novel-coronavirus>.

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-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: PHAdmin@MendocinoCounty.org

IT IS SO ORDERED:



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

1/31/2022
Date



Home Isolation and Quarantine Instructions for People with COVID-19 and their Household or Close Contacts

- 1) If you have a lab results or a doctor's diagnosis of COVID-19 or symptoms consistent with COVID, you are subject to Health Officer **Isolation** Orders
- 2) If you are a household or close contact to a person with COVID-19, you are subject to Health Officer **Quarantine** Orders
- 3) If you are awaiting results follow Isolation unless your results are negative.

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 for 10 days after your COVID-19+ test OR after a negative test taken on Day 5 or later

- Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a provider.
- Wear a well-fitting Medical or N95 mask.
- Do not go to work, school, or public areas.
- Stay home until you have a *negative antigen test on Day 5** or later or until *Day 10** without a test (after the date of sample collection) **AND** at least 1 day after your fever is gone (for 24 hours without the use of fever-reducing medications) and all other symptoms are improving. **Note:** Your health care provider or Public Health may extend this period of isolation.
- Monitor your symptoms closely. Seek medical care if symptoms are severe.
- Persons who had close contact with you from 48 hours before your test, or before your symptoms began, are close contacts & must follow Quarantine Orders.
- **Please share** this document with them.

What if you can't separate yourself from others?

- If you do not have a home or are unable to separate from others in your home, please contact COVID-19 Shelter Hotline (707) 472-6643

Home Quarantine Instructions

- If you are boosted, OR fully vaccinated but it is too recent to be eligible for a booster, OR have had a documented case of COVID-19 that began within the last three months, you do not need to quarantine.
- If not, and live in the same household OR had close contact with someone diagnosed with COVID-19 (within 48 hours before they experienced any symptoms or before their positive test) you must follow these Home Quarantine steps.
- Close contact means people in your house, intimate partners, caretakers who were not wearing a mask, gown and gloves who were within 6 feet of you for 15 minutes or more cumulatively over a 24 hour period.

Stay home and monitor for symptoms

- Wear a well-fitting Medical/N95 mask for 10 days indoors.
- Test to make sure you are not infected.
- Quarantine may end after Day 5* IF a test after Day 5* is negative. *Quarantine lasts 10 days* if you are not tested.*
- Monitor for symptoms closely.
- If you develop symptoms, you may have COVID-19 and you should seek coronavirus testing and medical care if severe or for oral treatment. Follow the Home Isolation Instructions and direct your close contacts to quarantine.

*Count the day of your test OR the day your symptoms began as "Day 0"

Restrictions and Information Applying to Both Home Isolation and Quarantine

- Stay home. Do not go to work, school, or public areas.
- Wear a medical grade or N95 mask indoors and around others.
- 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.
- If you are in Quarantine and develop any symptoms, take a test. You may be infectious; if so follow Isolation instructions.
- Communicate, cooperate and respond to County Public Health when they call you.

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.
- Clean and disinfect all "high-touch" surfaces every day.

If in Isolation, practice home care:

- Rest, drink plenty of fluids, take acetaminophen (Tylenol®) if needed 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.
- Seek medical care if your symptoms get worse, especially if you are at higher risk of serious illness. Symptoms that indicate you should seek medical care include difficulty breathing, confusion, dehydration, or 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 health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms. Wear a facemask at all times.
 - If you call 911, you must notify dispatch and paramedics that you are under isolation for COVID-19.

Will public health notify my workplace?

NO, Public Health will not notify or release any personal information about you to your workplace unless it is necessary to protect your health or the health of others.

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

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 callcenter@mendocinocounty.org or call (707) 472-2759