



Mendocino County Public Health Department

Healthy People, Healthy Communities

Dr. Andrew Coren, County Health Officer



Press Release

Not for op-ed

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Public Notice: Mendocino County Public Health Officer Dr. Andy Coren is rescinding the local Isolation and Quarantine requirements for COVID-19 for the general public. Effective immediately, persons who have been in close contact with someone infected with COVID-19 and have no symptoms are no longer required to quarantine after their exposure, regardless of their vaccination status, unless they live or work in a high-risk setting.

This change in local requirements comes after the California Department of Public Health (CDPH) ended its [quarantine recommendation](#) for the general public. Exposed persons should still get tested for COVID 3-5 days after an exposure and wear a mask around others for 10 days, but can continue to work, go to school, and participate in normal activities as long as they have no symptoms.

The statewide COVID-19 Isolation Order remains in effect for people who have a positive test, COVID symptoms, or been diagnosed by a provider. Isolation can end on day 5 with a negative test and if no fever is present and symptoms are resolving. For those with a positive test on day 5, isolation may end after 10 days if there is no fever and symptoms are resolving.

"I am rescinding the local Quarantine Order in order to align with CDPH guidance and reduce confusion around quarantine requirements in Mendocino County," said Public Health Officer Dr. Andy Coren. "This change recognizes that transmission levels are decreasing and safe, effective vaccines and oral treatments available. We know the pandemic will continue to evolve, and we will continue to monitor the situation closely."

As the incubation period of circulating COVID variants has grown shorter (now averaging 2-3 days), quarantine has become less useful, with many exposed persons receiving notification of an exposure after their incubation period ended.

[CDPH quarantine instructions](#) continue to recommend quarantine for employee and resident close contacts in certain high-risk settings where transmission risk is high and the populations served are at increased risk of severe COVID-19 disease. These settings include homeless and emergency shelters, healthcare settings, correctional facilities, and long-term care facilities.

COVID-19 information and various data dashboards are available on our website at: www.mendocinocounty.org/covid19