



Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19

Why self-isolate?

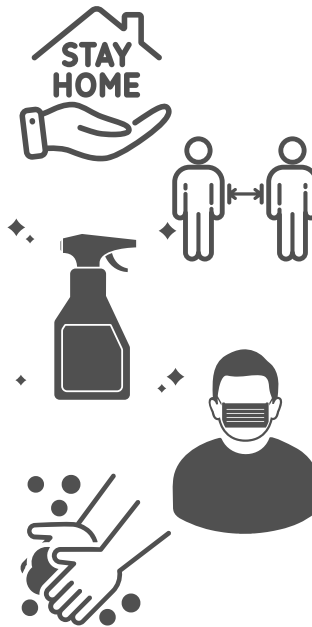
COVID-19 is easily spread from person to person. If you have tested positive or have symptoms of COVID-19, you should [self-isolate](#) to help prevent spreading the infection to your family, friends, or in the community.

How long should I self-isolate?

You should self-isolate for at least 10 days after your symptoms start (or 10 days after you are tested if you never have symptoms). After you self-isolate be sure that any symptoms you had are gone or significantly improved (including not having a fever for at least 24 hours) before visiting with in groups or with family and friends.

How do I self-isolate?

- Stay home except to get medical care
- Do not have any visitors
- Wear a face covering around others
- Cover your coughs & sneezes (use the inside of your elbow for best effect)
- Wash your hands often with soap and warm water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch frequently



- Use a separate bathroom or disinfect a shared bathroom after each use
- Stay at least 6 feet away from other people, especially those in high risk groups more likely to get sick, such as people who:
 - Are over age 65
 - Are severely overweight
 - Have a chronic disease (like cancer, diabetes, heart/lung disease)
 - Have a weak immune system
- If you must be in a shared space, open windows when possible

How can I care for myself at home?

While there is no specific treatment for COVID-19, proper home care (like resting and maintaining intake of fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain. Contact your medical provider and discuss your symptoms. Be sure to alert your medical provider if you are in a high-risk group.

Call 911 if you start to have emergency warning signs



difficulty breathing



pressure or pain in chest



bluish lips or face



confused or hard to wake



other serious symptoms

If you call 911, tell the dispatch personnel that you have COVID-19.





Self-Quarantine Instructions for Individuals Exposed to COVID-19

What you need to know if you've had close contact with someone with COVID-19

Why self-quarantine?

If you have been in close contact with someone with COVID-19, you should stay home and apart from others (self-quarantine) because you may be infected and could spread the disease, even if you never feel sick. ANYONE who experiences COVID-19 symptoms should immediately self-isolate and get tested, even if fully vaccinated. COVID-19 symptoms can feel like a common cold (including just “the sniffles”), seasonal allergies, or flu (e.g., fever, cough, runny nose, body aches).

How long should I self-quarantine?

If you've had no symptoms, you may end quarantine after 10 days from your last contact with an infected person. If you had a COVID test 5 or more days after your contact with the infected person you MAY end quarantine after 7 days. You should still monitor yourself for [symptoms](#) and take recommended [precautions](#) (e.g., wear a mask, physically distance) for 14 days from last contact.

What if I have been vaccinated or had COVID-19 before?

If you tested positive for COVID-19 within the last three months OR if you were fully vaccinated at the time of your contact, you do not need to quarantine as long as you've had no symptoms.* You should monitor yourself for [symptoms](#) and take recommended [precautions](#) (e.g., wear a mask, physically distance) for 14 days from your last contact with a COVID test positive or symptomatic person. Fully vaccinated persons are recommended to be tested 5-7 days after exposure and wear a mask in public indoor settings for 14 days.

How do I self-quarantine?

Stay home except to get medical care; do not have any visitors. If you must be in a shared space:

- Stay at least 6 feet from other people, especially [those more likely to get sick](#).
- Wear a mask when around others. Cover your coughs and sneezes.
- Open windows and doors to [increase ventilation](#), when possible and safe.
- Use a separate bathroom if possible.
- Wash your hands often with soap and warm water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol.
- Clean high touch surfaces with any common household cleaner or disinfect area using any EPA COVID approved household product.



Should I get tested for COVID-19 during self-quarantine?

Yes, you should get tested as soon as possible when told you may have been exposed to COVID-19 infected person, even if you do not have symptoms. If you test negative, and you are NOT vaccinated please test again between 5 and no more than 7 days after your last contact with the infected person. As a matter of routine, anyone who develops COVID-19 symptoms should get tested right away. COVID testing in California is free to anyone who needs it. You can book a free test appointment, find a walk-in test clinic, or buy a self-test kit from your local drugstore.

[Find a testing site online](#) or call (833) 422-4255 or 211.

What should I do if I start to have symptoms?

Immediately isolate yourself from others and get tested. Contact your healthcare provider with questions about your symptoms or care and alert them if you are in a [high-risk group](#).

***Exceptions: Your employer, place of residence, or local health department may have different requirements. Read CDPH's [full guidance](#).**

<https://www.edcgov.us/Government/hhsa/Pages/EDCCOVID-19.aspx>



COUNTY OF EL DORADO

HEALTH & HUMAN SERVICES

Don Semon
Director

3057 Briw Road, Suite B
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AGENCY DIVISIONS

Administration & Finance
Behavioral Health
Community Services
Protective Services
Public Health
Self-Sufficiency

HEALTH OFFICER STRICT ISOLATION DIRECTIVE

(updated 11/04/2021)

Per California Health and Safety Code Sections 120175, 120215,
120220, 120225, 120275, and 120295

BACKGROUND AND SUMMARY

It has been well established that the virus that causes Coronavirus 2019 Disease (COVID-19) is easily transmitted, especially indoors and in group settings, and that the disease can be extremely serious. All people are at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness as a result of COVID-19 due to age or underlying health conditions. This is a global pandemic that is causing untold societal, social, and economic harm. The spread of COVID-19 poses substantial danger to the health and wellbeing of both residents of and visitors to El Dorado County (“County”). Illnesses and health issues experienced by one County resident often have unintended and sometimes serious consequences for other County residents and visitors.

Since the virus was first discovered in the County in the winter of 2020, increases in infections have occurred in cycles of several months at a time with several months of lower rates between those peaks. The increasing proportion of people who are vaccinated against COVID-19 reduces the risk of severe illness and of transmission of the virus from person to person. However, continued transmission locally and throughout the world continues to give the virus opportunities to mutate into potentially more severe or more transmissible variants. For example, late in 2020, the Delta variant emerged and rapidly became the dominant variant around the world. Allowing transmission to occur unchecked is likely to result in new variants evolving that could be even more transmissible or more severe than Delta. The COVID-19 virus infection is spread from person to person in situations where people are in close contact (within about 6 feet) for prolonged periods. The virus spreads when infected people cough, sneeze, talk, or sing. Droplets from their mouths or noses are projected into the air and can be inhaled by other people nearby, which can infect them. Some infected people have no or mild symptoms but can still release virus droplets into the air when they cough, sneeze, talk, or sing. When people are infected with COVID-19, it is critical that they take measures to avoid the risks of transmitting it to others.

Measures that help reduce transmission include

- immunization,
- physical distancing,

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- face coverings,
- isolation,
- quarantine, and
- cooperating with public health officials when asked to help identify people who could have been in close contact with those infected with COVID-19, so they can alert them to the risks that they might become ill and advise them to take precautions around other people

This is a blanket directive that addresses **isolation**. This isolation directive applies to every El Dorado County resident as soon as they have been diagnosed with COVID-19 infection, whether or not this document has been personally delivered to them.

DIRECTIVE

All individuals determined to have been infected with COVID-19 through testing and/or clinical evaluation or who are likely to be infected with COVID-19 as defined in this document must immediately isolate themselves in a manner directed by County Public Health Officials consistent with the instructions herein.

Failure to comply with this directive and associated instructions is a misdemeanor as described in California Health and Safety Code section 120295.

A person is considered to be diagnosed with or have COVID-19 infection if the person:

- Received a laboratory test result positive for the COVID -19 virus;
- OR
- Has been diagnosed with COVID-19 infection by a licensed health care professional;
- OR
- Has signs and symptoms consistent with COVID-19 that are not explained by another medical condition within 14 days of having been a “Close Contact” (defined below) with another person who has been diagnosed with COVID-19;
- OR
- Has signs and symptoms consistent with COVID-19 and is awaiting the results of laboratory testing for COVID-19.

INSTRUCTIONS FOR PERSONS DIAGNOSED WITH COVID-19

1. To minimize the chance of COVID-19 transmission to others, the infected person must isolate in that person's physical residence or another residence, such as a hotel or motel, approved by County Public Health officials until the following criteria are met.

If Symptoms Present

- Individuals must remain isolated until free of fever for at least 24 hours without having used fever-reducing medicine or homeopathic preparations

AND;

- symptoms (cough, shortness of breath, diarrhea, loss of smell/taste, rash etc.) have improved

AND;

- at least 10 days have passed since symptoms first appeared.

If No Symptoms Present

- Individuals who never develop symptoms must isolate until at least 10 days have passed since the date the specimen was collected that resulted in the positive test.

INFECTED PERSONS SHALL NOT LEAVE THEIR PLACES OF ISOLATION UNTIL INSTRUCTED BY PUBLIC HEALTH OFFICIALS EXCEPT TO SEEK NECESSARY MEDICAL CARE.

2. The infected person shall carefully review and closely follow all of the requirements outlined in the "Home Isolation" directions provided to them electronically or in writing by County Public Health officials.
3. Infected persons must provide the names to Public Health officials of all individuals they have had close contact with as described below that occurred during the person's infectious period, which is determined by Public Health staff:
 - Face to face interactions amounting to 15 minutes duration while there was less than 6 feet of physical distancing in a 24 hour period during person's infectious period.
 - Household occupants;

- Anyone who could have been exposed to the infected person's body fluids and/or secretions, such as through coughing or sneezing, sharing of eating utensils, using shared bathroom, kitchen or bed, or who cared for the infected person while not wearing mask/face covering, gown, and gloves;
- Sexual/intimate contacts;
- Individuals who tested positive for or has been diagnosed with COVID-19 infection.

[Note: wearing face coverings is proven to reduce the extent virus is transmitted. However, wide variations in design and fit of face coverings make it impossible to know to quantify the reduction. Therefore, the use of face coverings should not be taken into account when determining whether close contact occurred. At this time, the only exception is when the close contact occurred between two fully masked people in a supervised school setting and meets the criterion described in the California Department of Public Health document, *COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year* (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>).]

[Note: During times of high local case rates, Public Health staffing levels may be insufficient to enable personal contact with every person diagnosed with COVID-19 infection. Public Health staff may, at those times, deliver interview questionnaires by electronic or other means. This communication is just as important as communication that normally would be made by telephone. Especially during these types of COVID-19 surges in the County, people who have been diagnosed with COVID-19 should not wait to be contacted by Public Health. They should immediately self-isolate and share the County's quarantine directives with all of their close contacts.]

4. The duration of this Strict Isolation Directive and release from isolation shall be determined by a County Public Health official.

BASIS FOR DIRECTIVE AND ADDITIONAL INFORMATION

Issuance of this Directive is based on best practices regarding the most effective approaches to slow the transmission of communicable diseases in general and COVID-19 specifically. The ages and health conditions of many County residents places them at higher risk for serious health complications, including death, from COVID-19. The virus occasionally has serious impacts on people of younger ages, including children, even if they are otherwise healthy. Some individuals who contract the virus have no or only mild symptoms but can infect others. Therefore, compliance with isolation directives by everyone who has been diagnosed with COVID-19, even by people who do not feel ill, is crucial.

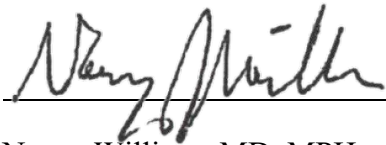
This Directive is issued in accordance with and incorporates by reference the March 4, 2020, Proclamation of a State of Emergency issued by Governor Gavin Newsom.

If an individual who is subject to this Directive fails to comply with it in willful disregard of public safety, the Public Health Officer may take additional actions, which may include issuing an individualized isolation directive and seeking civil detention at a health facility or other location as

necessary to protect the public's health. The infected person will be notified verbally, electronically, or in writing of all supplemental actions or modified instructions.

This Directive shall become effective immediately upon issuance and remain in effect until it is extended, rescinded, superseded, or amended in writing by the Public Health Officer.

IT IS SO DIRECTED:



Date: November 4, 2021

Nancy Williams MD, MPH

Public Health Officer

Updates

11/04/2021: Replaces 08/01/2021 version. Code references and background information, emphasize continued importance of isolation

COUNTY OF EL DORADO

HEALTH & HUMAN SERVICES

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AGENCY DIVISIONS

Administration & Finance
Behavioral Health
Community Services
Protective Services
Public Health
Self-Sufficiency

HEALTH OFFICER QUARANTINE DIRECTIVE (updated 11/04/2021)

Per California Health and Safety Code Sections 120175, 120215, 120220, 120225, 120275, and 120295

BACKGROUND AND SUMMARY

It has been well established that the virus that causes Coronavirus 2019 Disease (COVID-19) is easily transmitted, especially indoors and in group settings, and that the disease can be extremely serious. All people are at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness as a result of COVID-19 due to age or underlying health conditions. This is a global pandemic that is causing untold societal, social, and economic harm. The spread of COVID-19 poses substantial danger to the health and wellbeing of both residents of and visitors to El Dorado County (“County”). Illnesses and health issues experienced by one County resident often have unintended and sometimes serious consequences for other County residents and visitors.

Since the virus was first discovered in the County in the winter of 2020, increases in infections have occurred in cycles of several months at a time with several months of lower rates between those peaks. The increasing proportion of people who are vaccinated against COVID-19 reduces the risk of severe illness and of transmission of the virus from person to person. However, continued transmission locally and throughout the world continues to give the virus opportunities to mutate into potentially more severe or more transmissible variants. For example, late in 2020, the Delta variant emerged and rapidly became the dominant variant around the world. Allowing transmission to occur unchecked is likely to result in new variants evolving that could be even more transmissible or more severe than Delta. The COVID-19 virus infection is spread from person to person in situations where people are in close contact (within about 6 feet) for prolonged periods. The virus spreads when infected people cough, sneeze, talk, or sing. Droplets from their mouths or noses are projected into the air and can be inhaled by other people nearby, which can infect them. Some infected people have no or mild symptoms but can still release virus droplets into the air when they cough, sneeze, talk, or sing. When people are infected with COVID-19, it is critical that they take measures to avoid the risks of transmitting it to others.

Measures that help reduce transmission include:

- immunization,
- physical distancing,
- face coverings,

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- isolation,
- quarantine, and
- cooperating with public health officials when asked to help identify people who could have been in close contact with those infected with COVID-19, so they can alert them to the risks that they might become ill and advise them to take precautions around other people

This is a blanket directive that addresses **quarantine**. This quarantine directive applies to every El Dorado County resident as soon as they are known to have been in close contact with someone with COVID-19 infection, whether or not this document has been personally delivered to them. Additionally, if a person who has had contact with someone diagnosed with COVID-19 infection is not technically required to be quarantined (such as if they are fully vaccinated), they should still self-monitor for symptoms for 14 days after the most recent exposure and immediately begin isolating and get tested for COVID-19 if symptoms develop.

DIRECTIVE

Under the authority of the California Health & Safety Code Sections noted above, the County Public Health Officer directs that all individuals determined to have been exposed to someone diagnosed with COVID-19 must immediately quarantine themselves in a manner directed by County Public Health Officials consistent with the instructions herein. Fully vaccinated individuals and individuals with documented diagnosis of COVID-19 within the past 90 days, however, are exempted from mandatory quarantine.

Failure to comply with this directive and associated instructions is a misdemeanor as described in California Health and Safety Code section 120295 et seq. and punishable under California Penal Code sections 69 and 148.

With limited exceptions, as described in this document, a person who was a close contact to an infected person (someone diagnosed with COVID-19) must be quarantined if the contact occurred while the diagnosed person was determined to be infectious. The period of infectiousness begins 48 hours before their symptoms began and ends when the infected person released from isolation according to County Public Health Officials. “Close contact” is defined as anyone who:

- Lived in or had stayed at the infected person’s residence OR
- Is an intimate sexual partner of the infected person OR
- Provided care to the infected person without wearing a mask, gown, and gloves OR
- Was within six feet of an infected person for 15 minutes or longer.

[Note: wearing face coverings is proven to reduce the extent virus is transmitted. However, wide variations in design and fit of face coverings make it impossible to know to quantify the reduction. Therefore, the use of face coverings should not be taken into account when determining whether close contact occurred. At this time, the only exception is when the close contact occurred between two fully masked people in a supervised school setting and meets the criterion described in the California Department of Public Health document, *COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year*

(<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>).]

INSTRUCTIONS FOR NOT FULLY VACCINATED PERSONS WHO ARE EXPOSED TO COVID-19

Any individual who is not fully vaccinated and has been identified as being a close contact to a person with COVID-19 must immediately take the following actions:

1. **Stay put (ideally, your own home), starting immediately, through 10 days after the last date when you had contact with the person diagnosed with COVID-19.**

The contact between you and that person put you at risk for developing COVID-19 and spreading it to other people. The vast majority of people infected with COVID-19 will develop symptoms within 10 days after exposure. Some people who are infected never develop symptoms, but they are very unlikely to spread the virus to other people after 10 days. This is a reduced duration compared with the standard quarantine of 14 days. Occasionally, symptoms can begin as long as 14 days after being exposed to COVID-19. Therefore, if it is not a hardship to remain in quarantine for a full 14 days, the full 14-day quarantine is recommended. The longer quarantine could reduce to nearly 0% the chance that you could infect other people (if you really have the virus). After 14 days if you have not experienced symptoms and you have not tested positive, it is safe to assume that you were not infected.

2. **As a quarantined person, do not leave your place of quarantine or enter any other public or private place except to receive necessary medical care.**
3. **Carefully review and closely follow all requirements listed provided to you with this directive.**
4. **If, while in quarantine, you develop symptoms of fever, cough, or shortness of breath (even if your symptoms are mild), isolate yourself at your home away from other household members, contact your medical provider, and contact the County Public Health office for more instructions.**
5. **Get tested:** As soon as possible and again (if you test negative) 5-7 days after last contact with the infected person. Also get tested if you develop symptoms. (Reference: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx>, section titled “Post-Exposure Testing for COVID-19 Contacts”).

[Definition: “Day 0” is the most recent date on which you had contact with the person diagnosed with COVID-19]

If you remain asymptomatic, you may discontinue quarantine after Day 10, with or without testing. Additionally, you may discontinue quarantine after Day 7 if you remain asymptomatic AND have received a negative test result from a specimen collected on or after Day 5.

If you opt for a shortened (7- or 10-day) quarantine, based on the allowances above, of fewer than 14 days, you should still do the following through Day 14.

- Adhere strictly to all recommended non-pharmaceutical interventions, including wearing face coverings in all public indoor settings, maintaining a distance of at least 6 feet from others outside your household, avoiding crowds and poorly ventilated indoor spaces, and washing your hands frequently).
- Self-monitor for COVID-19 symptoms and if symptoms occur, immediately self-isolate and contact your local public health department or healthcare provider and seek testing.
- Healthcare employers with critical staffing shortages and lacking the staff to provide safe patient care may use [Contingency Capacity Strategies as described by CDC](#) where asymptomatic healthcare personnel (including in skilled nursing facilities during an outbreak when all staff are considered potentially exposed) are allowed to work with a surgical mask or respirator, but still report temperature and absence of symptoms each day.
- Persons who reside or work in high-risk congregate living settings (e.g. skilled nursing facilities, prisons, jails, shelters) or persons residing or working with severely immunosuppressed persons (e.g. Bone marrow or solid organ transplants, chemotherapy) should still quarantine for 14 days in the absence of staffing shortages.

Additionally, students in grades K-12 may be offered a modified quarantine in accordance with the State of California's Safe Schools for All *2021/22 K-12 School Guidance* (see <https://schools.covid19.ca.gov/>). Quarantine will be coordinated by school and/or Public Health staff.

The duration of this Quarantine Directive and release from isolation shall be determined by a County Public Health Division official. Please note that if you are newly exposed to someone with a known case of COVID-19 after beginning your quarantine, its duration may be extended. However, careful adherence to this quarantine directive should reduce or eliminate that risk.

[Note: During times of high local case rates, Public Health staffing levels may be insufficient to enable personal contact with every person identified as having been close contacts of someone with COVID-19 infection. If you have been notified by a family member, friend, co-worker, or other person that you have been a close contact to someone with COVID-19 infection, you are required to follow the quarantine instructions described herein even if you have not been contacted by a Public health staff member.]

INSTRUCTIONS FOR FULLY VACCINATED OR PREVIOUSLY INFECTED PERSONS

If a person is considered to be fully vaccinated or previously infected with COVID-19 (in the past 3 months) per California Department of Public Health (CDPH) guidance, *Guidance on Isolation and Quarantine for COVID-19 Contact Tracing*, <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>, no quarantine is required. However, all exposed persons, **including** those who were fully vaccinated or previously infected, should do the following through Day 14:

- Self-monitor for COVID-19 symptoms
 - If symptoms develop, isolate and get tested as soon as possible
- Strictly adhere to all recommended non-pharmaceutical interventions...
 - Wearing face coverings in all indoor public spaces
 - Maintaining a minimum of 6 feet physical distance from non-household members
 - Avoiding crowds and poorly ventilated indoor spaces
 - Frequently washing hands

BASIS FOR DIRECTIVE AND ADDITIONAL INFORMATION

Issuance of this Directive is based on best practices regarding the most effective approaches to slow the transmission of communicable diseases in general and COVID-19 specifically. The age and health conditions of many County residents and places them at higher risk for serious health complications, including death, from COVID-19. The virus occasionally has serious impacts on people of younger ages, including children, even if they are otherwise healthy. Some individuals who contract the virus have no or only mild symptoms but can infect others. Therefore, compliance with isolation directives by everyone who has been diagnosed with COVID-19, even by people who do not feel ill, is crucial.

This Directive is issued in accordance with and incorporates by reference the March 4, 2020, Proclamation of a State of Emergency issued by Governor Gavin Newsom.

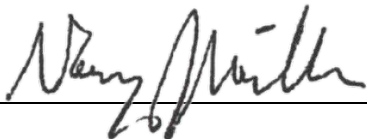
This Directive aligns with CDPH's *Guidance on Isolation and Quarantine for COVID-19 Contact Tracing*, issued on July 30, and its October 22, 2021 update.

(<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>), CDPH's *Guidance for the Use of Face Coverings*, issued on July 28, 2021 (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>), and other state masking guidelines (<https://covid19.ca.gov/masks-and-ppe/>).

If an individual who is subject to this Directive fails to comply with it in willful disregard of public safety, the Public Health Officer may take additional actions, which may include issuing an individualized quarantine order and seeking civil detention at a health facility or other location as necessary to protect the public's health. The person for whom the individualized quarantine is issued will be notified verbally, electronically, or in writing of all supplemental actions or modified instructions.

This Directive shall become effective immediately upon issuance and remain in effect until it is extended, rescinded, superseded, or amended in writing by the Public Health Officer.

IT IS SO DIRECTED:



Nancy Williams MD, MPH

Public Health Officer

Date: November 4, 2021

Updates

11/04/2021: Replaces 8/1/2021 version.
Code references, CDPH guidelines, reference links, and background information.