
SHASTA COUNTY
ROADMAP TO RECOVERY

MAY 8, 2020



The Shasta County Roadmap to Recovery Advisory Committee, with support from the Shasta County Emergency Operations Center (EOC), is preparing for a step-wise, measured approach to reopening businesses, schools and more. The staged plan is necessary to continue to limit the spread of COVID-19 and relies fully on the engagement and cooperation of individuals and businesses. We must create a safe “new normal” for how businesses function and how social interactions can occur.

Shasta County does not have a local Stay at Home (SAH) Order in place, and will therefore fall fully under the requirements of the Governor’s Order until the ultimate movement to local decision-making in later stages of the California Roadmap. The Shasta County Roadmap will be updated as additional information on state requirements or local flexibility becomes available. Local action can be taken at any point, should indicators of disease transmission signal the need for stricter local SAH measures.

See shastaready.org for sector-specific guidance and tools to support implementation of the Roadmap. The Shasta County Roadmap to Recovery Advisory Committee is working collaboratively with the EOC to make these resources available as they are developed.

KEY PRINCIPLES TO IMPLEMENTATION OF THE ROADMAP

- **Protect Vulnerable Groups** – ongoing stay at home recommendations for older adults and those with medical conditions, including limiting exposure in our congregate settings.
- **Continue Social Distancing** – continuing the habit of maintaining at least six feet between people at all times (except regular household contacts who are not sick); frequent handwashing; regular environmental cleaning; sick people staying home; liberal use of face coverings, especially when physical distancing cannot be ensured.
- **Monitor data triggers** – data indicators that can be used to readily communicate when measures need to be reinstated, or can be loosened, as the outbreak has ups and downs.



All residents and visitors to Shasta County must adhere to these Standard Guidelines:

- Proper social distancing with 6 feet of space between one another in public.
- Washing hands frequently and thoroughly or use hand sanitizer.
- Staying home if sick or not feeling well.
- Respiratory and cough etiquette.
- Proper sanitation practices and protocols at all facilities.
- All residents 65 or older or individuals with underlying health conditions should continue to self-isolate except for limited essential activities. (Referred to as “high-risk” individuals.)
- Skilled Nursing Facilities and Long-Term Care Facilities:
 - Restrict all visitations except for certain compassionate care situations, such as end-of-life situations.
 - Restrict all volunteers and non-essential personnel, e.g. barbers.
 - Cancel all group activities and communal dining.
 - Implement active screening of residents and facility personnel for fever and respiratory symptoms.
 - Staff should be screened periodically for COVID-19 infection at state testing site.
- No non-essential travel until travel restrictions are lifted.
- No gatherings where proper social distancing cannot be maintained. The number of individuals allowed to gather will be gradually increased.
- Facial covering recommendations provided by the Centers for Disease Control (CDC).

Risk Level

Stage 1 of the California Roadmap is based on a framework which defines essential businesses and personal activities. Stage 2 moves away from the “essential/non-essential” distinction and focuses instead on level of risk and the ability to mitigate risk. Workplace environments vary in the level of risk to the workforce and to customers. The virus that causes COVID-19 spreads between people who are in close contact with one another (about 6 feet) when a person talks, coughs, or sneezes. Even people without symptoms can spread the virus. A person can potentially get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

Risk of infection with COVID-19 depends on:

- distance between individuals
- duration of close contact
- number of contacts
- type of contact – shared space (workstations, break rooms, waiting areas, transportation) and shared objects (tools, equipment, high touch surfaces)

All of these factors should be used to determine the level of risk and necessary adaptations for a particular type of business, setting, or activity. Ensuring the workplace maximizes physical distancing, minimizes close contact, and uses environmental cleaning and personal hygiene practices can reduce risk. ***The specific businesses and activities listed below must integrate adaptations in order to ensure a level of risk that is acceptable for opening.***



FOUR STAGES TO FULLY LIFTING THE GOVERNOR'S STAY-AT-HOME ORDER

Stage 1: Safety and Preparedness

Prepare to:

- Protect the workforce and the public by identifying and/or developing sector-by-sector guidelines. Businesses can use the Reopening Business Guidance to develop a Reopening plan and complete the Business Physical Distancing Checklist.
- Protect the community with ongoing education on recommended social distancing behaviors
- Maximize capacity for COVID-19 testing, contact tracing, PPE and hospital surge.

Follow the **Standard Guidelines** as well as the following:

- Residents are encouraged to participate in individual and household outdoor recreation activities daily. Travel for these activities should be kept to a minimum and within Shasta County. Close contact sports are not allowed.
- Vulnerable, high-risk individuals are encouraged to stay home. Other members of the household might increase risk of transmission, so precautions should be taken to protect the vulnerable household members.
- Deferred and preventive health care services may resume as personal protective equipment supplies allow and in accordance with [guidelines and requirements of the California Department of Public Health, CMS, CMA and the Joint Statement](#). Facilities should develop a written plan showing how the business will execute those guidelines. Includes provider and patient use of masks/face coverings.
- Essential critical infrastructure businesses must implement social distancing measures and allow as many workers as possible to work remotely from home.
- Non-essential businesses remain closed.
- Non-essential travel is not allowed. Travel from out of county residents into Shasta County is strongly discouraged.
- Those traveling to Shasta County to stay in a second home should quarantine for 14 days upon arrival.
- The CDC and Shasta County Public Health recommend that residents wear facial coverings while in public, as this reduces transmission of COVID-19.

Stage 1 Public gathering attendance: Not allowed. No public or private gatherings except among household members.



Criteria to transition into Stage 2

- Hospitalizations and ICU trends remain stable
- Hospital surge capacity is maintained to meet demands
- Sufficient PPE to meet demands
- Sufficient testing capacity to meet demand
- Isolation, quarantine and contact tracing guidelines, and plans to ensure adequate capacity
- Supports available for those in isolation or quarantine
- Community disease surveillance in place; see triggers page 7.
- Workplaces and other sectors have available their individual Reopening plans.

Stage 2: Open Lower Risk Workplaces and Childcare

Workplaces – with adaptations

A measured opening to businesses considered low-risk may occur in accordance with “Guidance for Building Your Reopening Plan” and “Reopen Plan Checklist” which are available at shastaready.org. The business’ written Reopen Plan should be available upon request. **Efforts are underway to advocate that additional low-risk businesses be included in Stage 2.**

- Retail to begin with an option for curbside pick-up, including but not limited to: Bookstores, jewelry stores, toy stores, clothing stores, shoe stores, home and furnishing stores, sporting goods stores, antique stores, music stores, florists.
- Supply chains supporting the above businesses, in manufacturing and logistical sectors
- Destination retail, including shopping malls and swap meets.
- Personal services, limited to: car washes, pet grooming, tanning facilities, and landscape gardening.
- Office-based businesses (telework remains strongly encouraged)
- Dine-in restaurants (other facility amenities, like bars or gaming areas, are not permitted)
- Outdoor museums and open gallery spaces

All employees working in the public must wear a facial covering when safe to do so.

Other Sectors – with adaptations

The Reopening Plan should be available upon request, as applicable.

Outdoor Recreation - Public spaces such as parks, trails, and golf courses should limit crowds and ensure physical distancing. Use of boats should be limited to household contacts or half occupancy.



Schools and Childcare – with adaptations to ensure students and staff are protected. Precautions should be provided to families with vulnerable groups that live in the same household:

- Childcare and Summer programs – children should receive care in groups of 10 or fewer. If multiple groups of children are within the same facility, keep the same childcare worker with the same children in order to minimize risk.
- School – preparations for Shasta County schools which are scheduled to resume the week of August 10, 2020.

Faith community – continue remote offerings.

Healthcare services may continue to gradually resume based on guidance outlined in Stage 1 above. Includes routine medical care, dental care and optometry.

Stage 2 Public gathering attendance: Not allowed. No public or private gatherings except among household members.

Criteria to transition into Stage 3

- Hospitalizations and ICU trends remain stable
- Hospital surge capacity is maintained to meet demands
- Sufficient PPE to meet demands
- Sufficient testing capacity to meet demand
- Isolation, quarantine and contact tracing guidelines, and plans to ensure adequate capacity
- Supports available for those in isolation or quarantine
- Community disease surveillance in place; see triggers page 7.
- Workplaces and other sectors have available their individual Reopening plans.



Stage 3: Higher Risk Workplaces

The specific businesses and activities listed below must integrate adaptations to ensure a level of risk that is acceptable for opening. ***Limited information is currently available on what is allowed in Stage 3 and whether local decision-making will be permitted. Additions will be made to the lists below as more details become available.***

Workplaces – with adaptations

A gradual opening to businesses considered high-risk may occur in accordance with Reopening Business Guidance and the Business Physical Distancing Checklist. The business' written Reopen Plan should be available upon request.

- Additional personal care services
- Gyms and fitness centers
- Entertainment venues - movie theaters, sports without live audiences
- Indoor entertainment and recreation involving high touch equipment (e.g., bowling, game arcades, state casinos) - may consider offering select, lower-risk activities.
- Bars at half-occupancy

Other Sectors – with adaptations

The Reopening Plan should be available upon request, as applicable.

Outdoor Recreation – sporting practices and competitions may resume.

Schools - K-12 and post-secondary education – continue to offer distance learning options at colleges in combination with onsite classes, particularly for those involving hands-on activities (e.g., labs).

Faith community – in-person religious services including events such as weddings with total attendance (participants and staff) up to the public gathering limits. Continue remote offerings. Excludes vulnerable groups.

Criteria to transition into Stage 4

- Hospitalizations and ICU trends remain stable
- Hospital surge capacity is maintained to meet demands
- Sufficient PPE to meet demands
- Sufficient testing capacity to meet demand
- Isolation, quarantine and contact tracing guidelines, and plans to ensure adequate capacity
- Supports available for those in isolation or quarantine
- Community disease surveillance in place; see triggers page 7.
- Workplaces and other sectors have available their individual Reopening plans.
- Therapeutics widely available.



Stage 4: End of Stay-At-Home Order

Reopening with an expanded workforce at the highest risk workplaces and spaces.

- Large-scale events like **concerts, convention centers, and live audience sports.**

TRIGGERS TO REVERT TO PRIOR STAGE PRACTICES

As we move through this staged approach to reopen our County, we will always be ready to reinitiate previous closure measures. At the discretion of the Shasta County Health Officer, guidelines will be assessed and rescinded as necessary.

Examples of reasons to revert to previous measures may be, but not limited to:

- Increasing new case counts of at least 30% for five consecutive days in the context of no substantial increase in testing.
- More than three unlinked chains of transmission in a 14-day period.
- Steady increase in county COVID-like illness syndromic surveillance
- Surge of respiratory patients at medical facilities not detected using above methods.
- Increasing numbers of new health care worker infections over 5 days.
- Delayed detection (≥ 5 days) of a case from mass gathering.
- Hospitalization and ICU numbers increasing by 25% for 7 consecutive days (Monitored through the California hospital bed poll)
- Two outbreaks of COVID-19 among residents and/or staff of congregate settings with 3 or more cases at each facility within a 14-day period.
- Substantially increased unexplained deaths within the County.
- Stay at Home orders are re-imposed by the governor.

