



COVID-19 Health Advisory #21

December 30, 2020

Please distribute to all providers in the facility

Go to: <https://tinyurl.com/ShastaCOVID-19> for an electronic version of this Health Alert

The purpose of this advisory is to notify health care providers and infection control partners of:

- 1) New local quarantine guidance based on updated recommendations from CDC and the California Department of Public Health, and,
- 2) Process for employers to request critical worker quarantine orders.

Quarantine for Close Contacts of Persons with COVID-19, Shasta County

Background:

- The incubation period of COVID-19 is up to 14 days; transmission can occur prior to symptom development; and some infected individuals (likely 20-40%) never develop symptomatic illness. Therefore, a 14-day quarantine is recommended.
- A 14-day quarantine period can be burdensome to individuals and communities. Reducing the length of quarantine may improve compliance.
- Studies that have modeled the residual post-quarantine transmission risk for shorter quarantine periods, in combination with daily symptom monitoring, have identified alternative options for low risk populations/settings. Ongoing evaluation is needed.

Two Alternative Options:

- Quarantine can end after **Day 10** from the date of last exposure with or **without testing** if no symptoms have occurred on daily symptom monitoring. (See exceptions below)
 - Residual post-quarantine transmission risk is estimated to be on average 1.4% (range: 0.1-10.6%)
- Quarantine can end after **Day 7** from the date of last exposure if a critical worker* has received a **negative PCR test** result (not antigen) from a specimen *collected after Day 5* and no symptoms have occurred on daily symptom monitoring. (Applicable during critical staffing shortages among select critical infrastructure workers; see below)
 - Residual post-quarantine transmission risk is estimated to be on average 4% (range: 2.3-8.6%)

“Engaging individuals, families and communities to protect and improve health and wellbeing.”

Robin Schurig, Branch Director
Karen Ramstrom, DO, MSPH, Health Officer
www.shastahhsa.net

How it Works:

- All **asymptomatic close contacts** (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) **may discontinue quarantine after day 10** from the date of last exposure with or without testing.
- All exposed asymptomatic contacts permitted to reduce the quarantine period to less than 14 days must be asymptomatic, practice prevention measures to reduce transmission, and watch for symptoms through 14 days from the last date they were in contact with the person infected with COVID-19. If they develop symptoms, they must immediately self-isolate and seek testing and medical care as needed.
- When there are not enough staff to provide safe patient care, ***exposed asymptomatic health care workers and emergency and social service workers** working face to face with clients in the child welfare system are not prohibited from returning after Day 7 from the date of last exposure if they have received a negative PCR test result (not antigen) from a specimen collected after Day 5. These individuals should wear a surgical mask while at work.
- **Persons who reside in a high-risk setting** (skilled nursing facilities, assisted living facilities, correctional facilities, shelters, or with severely immunosuppressed persons) **should still quarantine for 14 days**.
- **Persons who work in a high-risk setting** (skilled nursing facilities, assisted living facilities, correctional facilities, shelters, or with severely immunosuppressed persons) may end home quarantine after 10 days, but they **cannot return to work for 14 days** if there is not a staffing shortage.
- Shasta County Public Health recommends COVID-19 testing seven and fourteen days from the last day of contact with the person infected with COVID-19.

Process for Employers to Request Critical Worker Quarantine Orders

- Healthcare employers lacking the staff to provide safe patient care can request a **Critical Worker Quarantine Order**. An employer can request a Critical Worker Quarantine Order via https://shastahhsa.sjc1.qualtrics.com/jfe/form/SV_9n4GW7MrbXoLawB or by calling 530-225-5591.

Check the CDC, CDPH and CalOSHA websites regularly for future updates to all guidance documents.

Shasta County Public Health:

[Blanket Quarantine Order](#)
[Quarantine Instructions](#)

CDPH Guidance:

[COVID-19 Quarantine Guidance](#) , December 14, 2020

CDC Guidance:

[Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) , Updated December 2, 2020

Previously posted:

[Symptoms of Coronavirus](#) [CDC], Updated December 22, 2020

[How to Protect Yourself & Others](#) [CDC], Updated November 27, 2020

[Isolate If You Are Sick](#) [CDC], Updated December 22, 2020

“Engaging individuals, families and communities to protect and improve health and wellbeing.”

Robin Schurig, Branch Director

Karen Ramstrom, DO, MSPH, Health Officer

www.shastahhsa.net