



**HEALTH OFFICER ORDER FOR THE CONTROL OF CORONAVIRUS DISEASE 2019 (COVID-19)**

Public Health Emergency Quarantine Order

This Order is in effect until rescinded in writing by the Health Officer.

**SUMMARY OF THE QUARANTINE ORDER**

**California is in a State of Emergency because of the COVID-19 pandemic.** The spread of Novel Coronavirus (COVID-19) is a substantial danger to the health of the public within the County of Shasta. COVID-19 can easily spread between people who are in close contact with one another. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19. The age and health status of a significant portion of the population of the County of Shasta (“County”) places it at risk for serious health complications, including death, from COVID-19. There is evidence of transmission risk from infected persons before the onset of symptoms and from some people who do not show any symptoms. Thus, all individuals who contract COVID-19, regardless of their level of symptoms (none, mild or severe), may place other vulnerable members of the public at significant risk.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in Shasta County from being overwhelmed, it is necessary for the Shasta County Public Health Branch (“Public Health”) to require the quarantine of persons exposed to a person diagnosed with COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at risk for spreading the disease.

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085,  
AND 120175, THE COUNTY OF SHASTA HEALTH OFFICER ORDERS:**

**All individuals who have had close contact with a person with COVID-19 must quarantine themselves. These persons are required to follow all instructions in this Order and the Public Health instructions referenced/linked in this Order.**

**Violation of this Order is a crime, punishable by a fine of up to \$10,000 and/or a year in jail. (Health & Saf. Code §§ 120295 et seq.; Cal. Penal Code §§ 69 & 148)**

## ***Quarantine Requirements for Individuals Who Have Had Close Contact with a Person with COVID-19***

**Close contacts to persons with COVID-19 (“cases”) are defined as individuals who:**

- Live in or have stayed at the case’s residence *OR*
- Had unprotected contact with the infected person’s body secretions (sneezing, coughing, sharing utensils, saliva) or provided care without appropriate protective equipment *OR*
- Were within 6 feet of a case for a prolonged period of time ( $\geq 15$  minutes cumulatively over a 24-hour period).

### **AND**

This contact occurred while the case was determined to be infectious. A case is infectious from 48 hours before their symptoms began or date of test if asymptomatic until they are released from isolation.

The incubation period for COVID-19 is 14 days and therefore **a 14-day quarantine period is always recommended**. However, acceptable alternatives to the 14-day quarantine period have been developed in order to balance the risk of spreading COVID-19 with the burden of health and economic impacts.

**All individuals who have been identified as close contacts to a person with COVID-19 must immediately take the following actions:**

1. Stay in their home or another residence at least 10 days from the last date that they were in contact with the person infected or likely to be infected with COVID-19. Individuals are required to quarantine themselves for at least 10 days of the 14-day incubation period because they are at high risk for developing and spreading COVID-19.
2. Quarantined persons may not leave their 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 in the “Home Quarantine Instructions,” at <https://www.co.shasta.ca.us/covid-19/instructions>.
4. Quarantine can end after Day 7 after last exposure if a specimen collected on or after Day 5 from the date of last exposure tests negative, and the person has not developed symptoms
- 5.
6. If a quarantined person develops symptoms (even if their symptoms are very mild), they should get tested, isolate themselves at home and away from other people and follow the “Home Isolation Instructions,” posted at <https://www.co.shasta.ca.us/covid-19/instructions>. This is because they are likely to have COVID-19 and if so, can spread it to vulnerable individuals.
7. Individuals who live in a high-risk congregate living setting (skilled nursing facilities, assisted living facilities, correctional facilities, and shelters) or persons who live with severely immunosuppressed persons (bone marrow or solid organ transplants, chemotherapy) must quarantine for at least 10 days.
8. Individuals who work in a high-risk congregate living setting (skilled nursing facilities, assisted living facilities, correctional facilities, and shelters) or persons who work with severely immunosuppressed persons (bone marrow or solid organ transplants, chemotherapy) may end home quarantine 10 days after their last close contact with someone with COVID-19, but they **cannot return to work for 14 days** if there are no staffing shortages.

9. During critical staffing shortages when deemed appropriate by their employer, asymptomatic healthcare workers, emergency response workers and social service workers who work face to face with clients in the child welfare system are not prohibited from returning after Day 7. These individuals must have a negative nucleic acid amplification test (e.g., PCR or LAMP) test result from a specimen collected after Day 5 and must wear a surgical mask while at work. Individuals leaving quarantine after day 7 must adhere to items a-d in below instruction.
10. Individuals permitted to leave quarantine before 14 days must:
  - a. Not have COVID-19 symptoms. COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.
  - b. Watch for symptoms of COVID-19 through 14 days from the last date they were in contact with the person infected with COVID-19. If they develop symptoms, immediately self-isolate at home and seek testing and medical care as needed.
  - c. Strictly follow prevention practices: Stay at least six feet from others. Wash hands often and clean and disinfect shared surfaces. Do not share meals or take smoke breaks with others. Always wear face coverings when outside the home. The following individuals who cannot wear a face covering must quarantine for full 14 days:
    - Person under two years old; these children cannot wear a face covering.
    - Persons with a medical condition, mental health condition or disability that prevents wearing a face covering.
  - d. Continue to take steps to prevent exposing household contacts. These steps include wearing face coverings, physical distancing and using separate bedrooms and bathrooms.

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, except as indicated in number 8 above.

### **GUIDANCE FOR ALL INDIVIDUALS WHO ARE FULLY VACCINATED BUT HAD CLOSE CONTACT WITH A COVID-19 CASE:**

Vaccinated close contacts of persons with COVID-19 do not have to quarantine IF BOTH of the following criteria have been met.

1. Are fully vaccinated: Two or more weeks have passed since the individual received their second dose of a 2-dose vaccine series, or one dose of a single-dose vaccine series; **AND**
2. Have not had any symptoms since the last COVID-19 exposure. COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.

**Immunocompromised** individuals (e.g., organ transplantation, cancer treatment ) who are fully vaccinated and work in a skilled nursing facility, assisted living, or hospital setting may **NOT** go to work following their last exposure to a person infectious with COVID-19 until at least 10 days after exposure. Some immunocompromised individuals may have decreased efficacy of the vaccine.

If you do not meet both criteria, please quarantine for at least 10 days after exposure. Quarantine instructions can be found at <https://www.co.shasta.ca.us/ready/covid-19/instructions>

Fully vaccinated persons who meet these criteria must watch:

- For symptoms of COVID-19 for 14 days following an exposure.
- If symptoms develop, self-isolate within your home. This means to isolate yourself from others in the home (sleep in a separate bedroom, etc.), and do not leave the home except to seek medical care. Self-Isolation instructions can be found at <https://www.co.shasta.ca.us/ready/covid-19/instructions>.
- If symptoms develop, get tested for COVID-19 and contact your healthcare provider.
- Cooperate with your local health department and engage in contact tracing efforts if requested to do so.

### **GUIDANCE FOR ALL INDIVIDUALS WHO HAVE RECOVERED FROM TESTING POSITIVE FOR COVID IN THE PREVIOUS 90 DAYS BUT HAVE HAD A NEW EXPOSURE TO A COVID-19 CASE:**

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if BOTH of the following two criteria have been met:

1. Their illness was laboratory confirmed in the past 90 days AND
2. Have not had any symptoms since the last COVID-19 exposure.

People who have recovered from COVID-19 in the past 90 days and are exposed again must watch for symptoms of COVID-19 for 14 days following an exposure. If symptoms develop, self-isolate except to seek medical care, get tested for COVID-19 and contact your healthcare provider.

### **GUIDANCE FOR INDIVIDUALS IN THE TK-12TH GRADE SETTING**

Per the California Department of Public Health's "COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year" (available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>), TK-12 students who are exposed in any school setting in which both students are masked and supervised by school staff (including indoor or outdoor school settings and school buses) may undergo a modified 10-day quarantine.

**Modified 10-day Quarantine for (supervised) mask-to-mask close contacts:** Unvaccinated TK-12 students who are close contacts in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school buses) may undergo a modified 10-day quarantine and can continue to attend school if:

- Both the student and the infected person wore face masks consistently and correctly; and
- The student continues to appropriately mask, as required; and
- The student gets tested for COVID-19 twice a week during the Quarantine period; and
- The student does not develop any COVID-19 Symptoms that are new or unexplained by another condition. A student who develops COVID-19 Symptoms that are new or unexplained by another condition—even if the symptoms are very mild—is subject to the Health Officer Order for the Control of Coronavirus Disease 2019 Public Health Emergency Isolation Order and must carefully review and follow the requirements set forth in that Order.

Students **must Quarantine except to attend school, and must not participate in extracurricular**

**activities at school**, including sports, or activities within the community until their Quarantine period ends.

**Quarantine for other school-based close contacts, students only:**

Unvaccinated school-based close contacts (students only), who remain asymptomatic, may discontinue quarantine under the following conditions:

- Quarantine can end after Day 10 from the date of last exposure without testing, OR
- Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative
- Note: Unvaccinated staff identified as close contacts must quarantine for 10 days if the employer is subject to the CalOSHA Emergency Temporary Standards (<https://www.dir.ca.gov/dosh/coronavirus/ETS.html>).

Local COVID-19 information, including where to get tested, can be found at [www.shastaready.org](http://www.shastaready.org).

Fully vaccinated individuals **who work in a healthcare or congregate setting** must take strict precautions to mask at all times while at work and monitor for symptoms for 14 days after exposure and leave work immediately if symptoms develop. Congregate settings include, but are not limited to, skilled nursing facilities, assisted living facilities, jails, juvenile halls, shelters, group homes, behavioral health facilities, and substance abuse treatment facilities.

For any individual whose quarantine period begins after the date of this Order, the previous Health Officer Order for the Control of Coronavirus Disease 2019 (COVID-19) pertaining to Quarantine Requirements for Household Contacts, Intimate Partners, Caregivers, and Close Contacts of Persons with COVID-19 and dated May 3, 2021 is hereby superseded by this Order. The previous Health Officer Order for the Control of Coronavirus Disease 2019 (COVID-19) pertaining to Quarantine Requirements for Household Contacts, Intimate Partners, Caregivers, and Close Contacts of Persons with COVID-19 and dated May 3, 2021 for any individual whose quarantine period began before the date of this Order remains applicable.

The Health Officer may take additional action(s), which may include civil 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.

**IT IS SO ORDERED:**



**Dr. Karen Ramstrom**  
Health Officer, County of Shasta

**September 23, 2021**  
Date