



HEALTH OFFICER ORDER FOR THE CONTROL OF CORONAVIRUS DISEASE 2019 (COVID-19)
Public Health Emergency Isolation Order
This Order is in effect until rescinded in writing by the Health Officer.

SUMMARY OF THE ISOLATION 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 the County of Shasta from being overwhelmed, it is necessary for Shasta County Public Health Branch ("Public Health") to isolate persons with COVID-19. Self-isolation is required because a person infected with or likely to have COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.

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 been diagnosed with or are likely to have COVID-19 must isolate 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)

Isolation Requirements for Individuals Diagnosed with or Likely to have COVID-19

Individuals diagnosed with or likely to have COVID-19 have one or more of the following:

1. A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19
2. Signs and symptoms that are consistent with COVID-19 within 10 days of being in close contact with a person who had or was believed to have had COVID-19 OR
3. A health care provider has informed the individual that they are likely to have COVID-19.

The following guidance is ***not*** applicable to healthcare workers working in General Acute Care Hospitals (GACHs), Acute Psychiatric Hospitals (APHs) and Skilled Nursing Facilities (SNFs). Healthcare workers working in these facilities must follow the California Department of Public Health's (CDPH) [Guidance on Quarantine for Health Care Personnel \(HCP\) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19](https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx) (<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>).

Individuals who have tested positive for, or likely have COVID-19:

1. Isolate themselves in their home or another residence. They may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care. Regardless of vaccination status, previous infection, or lack of symptoms:
 - **Stay home for at least 5 days.**
 - Isolation can end after day 5 if symptoms are not present or are resolving **and** a diagnostic specimen (antigen preferred) collected on day 5 or later tests negative.
 - If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
 - If fever is present, isolation should be continued until fever resolves.
 - If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
 - Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)
2. Carefully review and closely follow the "Home Isolation Instructions" posted at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
3. Tell their close contacts that they need to quarantine themselves. Close contacts who should be notified to self-quarantine are people who were with the isolated individual during their infectious period. The infectious period starts 48 hours before symptoms began (or 48 hours before the date of the positive test if no symptoms) and ends when the isolation period is over (see Section B below). Close contacts are persons who:
 - Live in or have stayed at their residence OR
 - Had physical contact with, such as providing care without wearing a mask, gown, and gloves; OR
 - Were within 6 feet of the isolated individual for a prolonged period (≥ 15 minutes).
4. Refer close contacts to the "Home Quarantine Instructions" posted at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx> which describe steps that close contacts must take to prevent spread of COVID-19. Close contacts have likely been exposed to COVID-19 and if infected, can easily spread COVID-19 to others, even with mild symptoms.

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:

A handwritten signature in blue ink, appearing to read "Karen C. Ramstrom, MD".

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

January 7, 2022
Date