



**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This Order is in effect until rescinded in writing by the Health Officer.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 (15 minutes or more 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 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>).

**Requirements for Close Contacts of person(s) who tested positive, or likely have COVID-19:**

Vaccination Status	Requirements
<p><b>Unvaccinated; OR Vaccinated and booster-eligible, but have not yet received their booster dose.</b></p> <p><b>Also applies to persons previously infected with SARS-CoV-2, including within the last 90 days.</b></p>	<ul style="list-style-type: none"> <li>• <b>Stay home for at least 5 days</b>, after your last contact with a person who has COVID-19.</li> <li>• Test on day 5.</li> <li>• Quarantine can end after day 5 if symptoms are not present <b>and</b> a diagnostic specimen collected on day 5 or later tests negative.</li> <li>• If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</li> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.</li> <li>• If testing positive, follow <a href="#">isolation instructions</a>.</li> <li>• If symptoms develop, test, and stay home.</li> </ul>
<p><b>Boosted; OR Vaccinated, but not yet booster eligible.</b></p>	<ul style="list-style-type: none"> <li>• Test on day 5.</li> <li>• Wear a well-fitting mask around others for 10 days, especially in indoor settings.</li> <li>• If testing positive, follow <a href="#">isolation instructions</a>.</li> <li>• If symptoms develop, test, and stay home.</li> </ul>

Quarantined persons:

1. May not leave their place of isolation or enter any other public or private place, except to receive medical care.
2. Should carefully review and closely follow all requirements listed in the “Home Quarantine Instructions,” at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx#>.
3. 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.
4. Must not have COVID-19 symptoms, or symptoms must be improving before ending quarantine. 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.
5. Must watch for symptoms of COVID-19 through 10 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.
  - a. 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 10 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.
  - b. Continue to take steps to prevent exposing household contacts. These steps include wearing face coverings, physical distancing and using separate bedrooms and bathrooms.
6. Wear a mask over your nose and mouth in indoor settings, including at home, **especially if immunocompromised or around those who are immunocompromised**, unvaccinated, or at risk for severe disease.

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

TK-12 students who are exposed outside of a school setting must adhere to the Quarantine Guidelines specified above.

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 quarantine, if permitted based on individual school policies and practices.

Please refer to the California Department of Public Health’s “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>).

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

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 October 27, 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 October 27, 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, DO**  
**Health Officer, County of Shasta**

**January 7, 2022**

*Date*