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MEMORANDUM

DATE: January 4, 2022

TO: Medical Providers and Schools

FROM: Jennifer Brown, MD
Health Officer, Tehama County

SUBJECT: Isolation and Quarantine Protocols in Tehama County for General Population

**This guidance does NOT apply to healthcare personnel in any setting.
See [AFL-21-08.6](#).**

On December 27, 2021 Center for Disease Control and Prevention (CDC) released updates to shorten the Isolation and Quarantine Period for General Population and I understand that California Department of Public Health will be sending out guidance that will coincide with CDC in the next few days. I feel it is in the best interest and safety of our community as we are starting to see a rise in our number of cases, and our county vaccination rate is still low at 46.6% that we will **NOT** shorten our isolation and quarantine periods at this time. My current guidance is to follow the current guidelines listed below. I will be monitoring our case rate and vaccination rate and when I feel it is a safe time to modify the isolation and quarantine time frames, then I will do so under Health Officer orders as indicated under the authority California Health and Safety Code Sections 101040, 101085, 120175, 120215, 120220, and 120225.

What is the current guidance for Isolation in Tehama County?

1. WHO IS REQUIRED TO FOLLOW HEALTH OFFICER ISOLATION ORDER?

All individuals who reside in Tehama County who have been diagnosed with COVID-19 or are likely to have COVID-19 are required to self-isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with or likely to have COVID-19, based on one or more of the following criteria:

- a) They have received a positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; OR
- b) They have symptoms that are consistent with COVID-19, (i.e., flu-like

symptoms such as sore throat, coughing, shortness of breath, subjective fever (or temperature of 100.0F/ 37.8C or greater), or sudden loss of sense of smell and/or taste), within 14 days of being in close contact with a person who had or was believed to have had COVID-19); OR

- c) They were informed by a healthcare provider that they are likely to have COVID-19 (including that they have obtained a COVID-19 test and results are pending).

2. HOW LONG YOU ARE REQUIRED TO ISOLATE:

- a) Individuals with a positive test who never develop symptoms must isolate for 10 days from date of sample collection for COVID-19 positive test OR
- b) Individuals with symptoms consistent with COVID-19 must isolate until:
 - i. At least 10 days have passed since symptoms started **AND**
 - ii. At least 1 day (24 hours) have passed since recovery, defined as resolution of fever (without use of fever-reducing medications) and improvement of cough, shortness of breath and other symptoms.
- c) "Home Isolation Instructions" posted at <https://www.tehamacohealthservices.net/>.

What is the current guidance for Quarantine in Tehama County?

1. WHO IS REQUIRED TO FOLLOW HEALTH OFFICER QUARANTINE ORDER?

All persons who have had close contact with a person with COVID-19 ("Case"), as described below in Section C, must quarantine themselves, unless you have been fully vaccinated. These persons are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order. The following exceptions apply:

- a) Fully vaccinated persons who have had close contact with a case may refrain from quarantine following a known exposure if asymptomatic. It is recommended by CDC that fully vaccinated persons exposed to COVID-19 test 5-7 days after the exposure and wear a mask in public for 10 days. If symptoms develop, they should isolate and test immediately. For the purposes of this guidance, people are considered fully vaccinated for COVID-19: two (2) weeks or more after they have received the second dose in a 2-doseseries (Pfizer-BioNTech or Moderna), or two (2) weeks or more after they have received a single-dose vaccine (Johnson and Johnson[J&J]/Janssen).
- b) Persons who have tested positive for COVID-19 within the past three (3) months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within three (3) months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms. Consult a healthcare professional to see if you need testing.
- c) All individuals who reside in Tehama County who are close contacts of a COVID-19 case are required to quarantine themselves and follow all instructions of this Order. A "close contact" is anyone who was exposed to a person with COVID-19 ("case") while they were infectious/contagious:
 - i. Live in or have stayed at the case's residence OR
 - ii. Are intimate sexual partners of the case, OR

- iii. Provide or provided care to the case without wearing a mask, gown, and gloves OR
- iv. Were within 6 feet of a case for a prolonged period of time (15 minutes or more cumulatively over a 24-hour period). AND
- v. This contact occurred while the case was determined to be infectious. A case is infectious 48 hours before that person's symptoms began and until that person is no longer required to be self-isolated.
- vi. Note: In the event of a **potential** or **known** cluster (3 or more cases) among coworkers in a business (including healthcare workers), the close contacts of the case include even those workers who were wearing a respirator or facemask.

2. HOW LONG YOU ARE REQUIRED TO QUARANTINE:

To prevent the spread of COVID-19, the Tehama County Health Officer ("Health Officer") hereby requires the above individuals to immediately:

- a. **Self-quarantine and stay in their home or another residence 10 days from the last date that they were in contact with the person diagnosed with or likely to have COVID-19.** Self-quarantine is required because an individual is at high risk for developing and spreading COVID-19, if that individual has had close contact, as defined above, with a person who has:
 - i. A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; OR
 - ii. Symptoms that are consistent with COVID-19 (i.e., flu-like symptoms such as sore throat, coughing, shortness of breath, subjective fever (or a temperature of 100.0F/ 37.8C or greater), or sudden loss of sense of smell and/or taste), within 14 days of being in close contact with a person who had or was believed to have had
 - a. COVID-19 OR
 - iii. A health care provider has informed the individual that they are likely to have COVID-19.
- b. **Quarantined individuals may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care for the entire 10-day period.** *NOTE: If you are in contact with a person with higher vulnerability to infection, consider extending your quarantine for 14 days but testing on day 7, which would be an added measure of safety.*
- c. **Carefully review and closely follow all requirements listed in the "What You Need to Know about Isolation and Quarantine" at:** <https://www.tehamacohealthservices.net/>.
 - i. If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), they should seek medical care, and if indicated, seek coronavirus testing from their medical provider or Public Health, and isolate themselves at home and away from other

people and follow the “What you Need to Know about Isolation & Quarantine” at <https://www.tehamacohealthservices.net/>

- ii. This is because they are likely to have COVID-19 and if so, can spread it to vulnerable individuals.
- d. The Health Officer also strongly recommends, to the extent possible, that all quarantined individuals (who do not develop any symptoms), seek coronavirus testing from their medical provider or Public Health, after day 5 of their quarantine, depending on testing capacity.
- e. After stopping quarantine, people must strictly adhere to all COVID-19 prevention measures, including consistent use of face coverings and maintaining at least 6 feet distance from others through Day 14. Additionally, people should watch for symptoms until 14 days after exposure (and self-isolate and contact public health or healthcare provider if any symptoms develop).

These guidelines are being implemented to not only prevent a surge from happening but also to keep schools open for in-person instruction and allow Tehama County’s economy to remain open and thrive.

For more information contact:

Tehama County Health Services Agency - Public Health
Red Bluff: (530) 527-6824; Corning: (530) 824-4890; or Toll Free: 1-800-655-6854

Jennifer Brown

Signature: 
Jennifer Brown (Jan 4, 2022 10:27 MST)

Email: jennifer.brown@tchsa.net





Health Officer Directive for Isolation and Quarantine 2022 01-04-2022

Final Audit Report

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