



**Public Health Department
of Mendocino County**
Healthy People, Healthy Communities
Andy Coren, MD, County Health Officer



**ORDER OF THE HEALTH OFFICER OF THE COUNTY OF MENDOCINO
PUBLIC HEALTH EMERGENCY ISOLATION ORDER FOR COVID-19
DATE OF ORDER: October 31, 2021
EFFECTIVE UNTIL RESCINDED**

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE
SECTIONS 101040, 120175, 120215, 120220, and 120225
THE COUNTY OF MENDOCINO HEALTH OFFICER ORDERS:**

Violation or failure to comply with this Order is a misdemeanor punishable by imprisonment, fine or both.
(Health & Safety Code §§ 120295 et seq.; Cal. Gov. § 8665; Penal Code §19; Mendocino County Ordinance No. 4464)

Isolation Requirements for Individuals Diagnosed With or Likely to Have COVID-19

Isolation: separates those infected with a contagious disease from people who are not infected.

Quarantine: restricts the movement of persons who are exposed to a contagious disease in case they become infected.

Isolation and quarantine can create substantial hardships. Federal and state and local resources are available to support people who are not able to isolation or quarantine in accordance with this Order.

1. WHO IS REQUIRED TO FOLLOW THIS ISOLATION ORDER:

All individuals who reside in Mendocino 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 100.4°F/ 38°C 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. WHAT YOU ARE REQUIRED TO DO IF YOU HAVE/ ARE LIKELY TO HAVE COVID-19:

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

a) Self-isolate for at least 10 days and:







- 1. *Do not leave your place of isolation and do not enter any public or private place except to get necessary medical care for full 10 day period*

2. *If you are in contact with a person with higher vulnerability to infection, consider extending your quarantine for 14 days and testing on day 15, which would be an added measure of safety*
3. *Separate yourself from other people in your home.*
4. *Wear a mask over your nose and mouth when around others.*
5. *Avoid sharing rooms/spaces with others or if not possible, open windows to outdoor air (if safe to do so) to improve ventilation or use air filters and exhaust fans.*
6. *Avoid using the same bathroom as others; if not possible, clean and disinfect after use.*
7. *Cover your coughs and sneezes.*
8. *Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol.*
9. *Clean or disinfect "high-touch" surfaces.*

- b) Tell all Close Contacts to self-quarantine for 10 days** after their last contact with them (see #4 Below).
- c)** Communicate, cooperate, and respond to phone calls from County Public Health Case Investigation/Contact Tracing (916-262-7553).
- d)** Carefully review and closely follow all requirements listed this Order and the "Home Isolation Instructions" posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this order.

3. HOW LONG YOU ARE REQUIRED TO ISOLATE:

- a)** Individuals with a positive test who never develop symptoms must isolate for **10 days after date of sample collection for COVID-19 positive test** OR
- b)** Individuals with symptoms consistent with COVID-19 must isolate until:
 - i. At least 1 day (24 hours) has passed since recovery, defined as resolution of fever (without use of fever-reducing medications) and improvement of cough, shortness of breath and other symptoms; AND
 - ii. At least 10 days after symptoms first appeared or date of sample collection for COVID-19 positive test; whichever is later; AND
 - iii. When released from isolation by individual's health care provider and/or informed they are released by Mendocino County Public Health.

Symptoms started on June 1		Symptoms improved June 6		Last fever on June 6		Last day in isolation is June 11	First day out of isolation is June 12
NO SYMPTOMS		Tested positive June 1		10 days after test		Last day in isolation is June 11	First day out of isolation is June 12

- c)** *People who are severely ill or who are severely immune compromised may remain infectious and may need to isolate for as long as 20 days, especially if they are in contact with immune compromised people.*

4. YOU MUST TELL YOUR CLOSE CONTACTS THAT THEY NEED TO SELF-QUARANTINE FOR 10 DAYS AFTER THEIR LAST CONTACT WITH YOU (AND REFER THEM TO HOME QUARANTINE ORDERS)

<https://www.mendocinocounty.org/community/novel-coronavirus/health-order>

Close contacts are all persons who had contact with you within 48 hours before your symptoms began or within 48 hours before your COVID-19 positive test sample was collected until your 10 day isolation is over AND:

- a. Lived in or stayed at your residence OR
- b. Were your intimate sexual partner. OR
- c. Provided care to you without wearing a mask, gown, and gloves, OR