



**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 QUARANTINE 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EFFECTIVE UNTIL RESCINDED**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, 101085, 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)

**Quarantine Requirements for Close Contacts of Persons with 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. DEFINITIONS/ WHO IS REQUIRED TO FOLLOW THIS QUARANTINE ORDER:  
All individuals who reside in Mendocino County who are not fully vaccinated for COVID-19 and are unvaccinated close contacts of a COVID-19 case are required to quarantine themselves and follow all instructions of this Order.**

<p>A “COVID-19 case” is defined as anyone who has:</p> <ul style="list-style-type: none"> <li>(1) A positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19; <u>OR</u></li> <li>(2) 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 100.4°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/was believed to have had COVID-19 <u>OR</u></li> <li>(3) A health care provider has informed the individual that they are likely to have COVID-19.</li> </ul> <p><b>*COVID-19 cases follow Isolation Order</b></p>	<p>A “close contact” is anyone who was exposed to a person with a COVID-19 case while they were infectious/ contagious:</p> <ul style="list-style-type: none"> <li>(1) Live in or have stayed at the case’s residence <u>OR</u></li> <li>(2) Are intimate sexual partners of the case, <u>OR</u></li> <li>(3) Provide or provided care to the case without wearing a mask, gown, and gloves <u>OR</u></li> <li>(4) Were within 6 feet of a case for 15 minutes or more (cumulatively over a 24-hour period). <u>AND</u></li> <li>(5) This contact occurred while the case was determined to be infectious. A case is infectious within 48 hours before that person’s symptoms began or within 48 hours before the COVID-19 positive sample was collected and until that person is no longer required to be self-isolated.</li> <li>(6) <b>People who were fully vaccinated (2 or more weeks have passed since receiving final dose) at the time of recent contact and who have not had any symptoms are not required to self-quarantine.</b></li> </ul>
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The County of Mendocino may be able to assist you to find shelter, please contact 707-472-2759.

Note: In the event of a **potential** or **known** cluster (2 or more cases) among healthcare workers, the close contacts of the case include even those workers who were wearing a respirator or facemask.<sup>1</sup>

## **2. WHAT ARE YOU REQUIRED TO DO IF YOU ARE A CLOSE CONTACT:**

To prevent the spread of COVID-19, the Mendocino County Health Officer hereby requires close contacts 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 a COVID-19 case.** Self-quarantine is required because a close contact is at high risk for developing and spreading COVID-19.

1. *Do not leave your place of quarantine 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.*
10. *Monitor your symptoms.*

**Shortened Quarantine.** The usual 10-day quarantine period may be shortened to 7 days if a COVID-19 test on or after day 5 of quarantine is negative

**Modified Quarantine** is only available in schools, in cases of contact between a COVID-19 case and a student or staff member if all individuals were wearing masks, and the close contact receives negative COVID-19 test results. Quarantine may be modified to allow that close contact to continue to attend classes and follow all other quarantine requirements at home. No after school activities are permitted. Quarantine may end after day 7 in these cases if a test on or after day 5 is negative.

**b) If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), the quarantined person must:**

- (1) Contact their medical provider and seek coronavirus testing;
- (2) Contact County Public Health at (707) 472-2759;
- (3) Isolate themselves and follow the "Home Isolation Instructions," posted at <https://www.mendocinocounty.org/community/novel-coronavirus/health-order> and attached to this Order; AND
- (4) Contact their close contacts and advise them to follow quarantine order and instructions.

**c) Communicate, cooperate, and respond to phone calls from County Public Health Case**

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<sup>1</sup> Per CDPH: "the determination of epi-linkage should generally be made irrespective of whether HCP were wearing a respirator or facemask. Although respirator or facemask use mitigates the risk of exposures, a cluster of cases meeting the investigation and reporting thresholds suggests a breach or lapse in practice (e.g., HCP not using appropriate personal protective equipment while caring for a patient with unrecognized COVID-19, or HCP not physically distancing and wearing facemasks in breakrooms) that should be further investigated and reported."

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-20-75.aspx>