

COUNTY OF EL DORADO

HEALTH & HUMAN SERVICES

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AGENCY DIVISIONS

Administration & Finance
Behavioral Health
Community Services
Protective Services
Public Health
Self-Sufficiency

HEALTH OFFICER QUARANTINE RECOMMENDATIONS (updated 05/10/2022)

This document is for people who have been exposed to the virus that causes COVID-19 infection. If you have tested positive for COVID-19, refer to *HEALTH OFFICER ISOLATION RECOMMENDATIONS* instead.

“*Quarantine*” restricts the movement of persons who were exposed to a contagious disease of concern in case they become infected. (In contrast, “*isolation*” restricts the movement of persons who have tested positive for or otherwise been diagnosed with a contagious disease of concern.)

These *Quarantine Recommendations* replace the former *Quarantine Directive*. While quarantine is no longer mandatory, these recommendations provide details for how people who have been exposed to people who have tested positive for COVID-19 can reduce their and other people’s risks. These recommendations are based on the State Public Health Officer’s *Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public*, available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

“*Close Contact*”- Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person’s (laboratory-confirmed or a [clinical diagnosis](#)) infectious period.

What is new? The SARS-CoV-2 virus has evolved. People usually get ill within two days of being exposed to it. Also, many people have acquired immunity either through vaccination or from having been ill with COVID-19 (or both), reducing their susceptibility to severe disease. So, quarantine offers less benefit in preventing people from becoming infected than it used to offer. At this time, quarantine is not recommended except for people living or working in high-risk settings, as listed below.

- ⇒ If you live or work in one of the high risk settings,* read the *Quarantine Scenario 1* table below. Quarantine may be recommended for you.
- ⇒ If you do not live or work in one of these settings, read the *Quarantine Scenario 2* table below. Quarantine is not required or even recommended but there are other steps you can take to protect yourself and others around you after you have been exposed to COVID-19.

***High risk settings**

- [Emergency shelters](#) and [cooling and heating centers](#)
- [Healthcare settings](#) (all except those covered by AFL 21.08.8)
- Local [correctional facilities and detention centers](#)
- [Homeless shelters](#)
- [Long Term Care Settings & Adult and Senior Care Facilities](#)

Other guidelines that may apply to high-risk settings

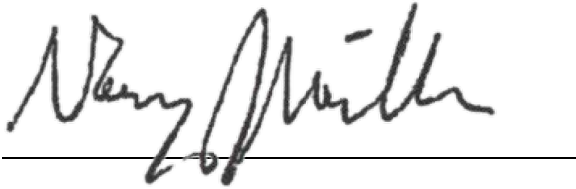
- **Healthcare Workers** – *All Facilities Letter 21-08*, for workers in certain healthcare facilities, available at: <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>
- **K-12 Schools** – *COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year*, available at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
- **Child Care** – *Guidance for Child Care Providers and Programs*, available at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Child-Care-Guidance.aspx>
- **Workplace Settings** – Cal/OSHA guidelines, including *COVID-19 Prevention Emergency Temporary Standards*, available at: <https://www.dir.ca.gov/dosh/coronavirus/ETS.html>

Recommendations – Scenario 1 – High Risk Settings	
<p>This applies to people who have been exposed to someone with COVID-19</p> <p>AND</p> <p>who are unvaccinated or incompletely vaccinated* and have not been infected with SARS-CoV-2 in the prior 90 days;</p> <p>AND</p> <p>who live or work in a high-risk setting (as described on p. 1)</p> <p> </p> <p>*“Incompletely Vaccinated” means having gotten only one dose of a two-dose primary vaccine</p>	<p style="text-align: center;"><u>RECOMMENDED ACTIONS FOR STAFF</u></p> <ul style="list-style-type: none"> • Exclude from work for at least 5 days after your last contact with a person who has COVID-19; • Work exclusion can end after Day 5 if symptoms are absent and a diagnostic specimen collected on Day 5 or later tests negative; • If unable to test or choosing not to test, and symptoms are absent, work exclusion can end after Day 10; • Comply with CDPH masking guidance (i.e., universal masking and, in some cases, surgical masks or higher filtration respirators may be required); • Finish the primary vaccination series if not yet done and get boosted when eligible. • If symptoms develop, stay home and test as soon as possible; AND • If test is positive, work restriction continues and isolation begins. Follow <i>HEALTH OFFICER ISOLATION RECOMMENDATIONS</i>.

<p>continued...</p>	<p style="text-align: center;"><u>RECOMMENDATIONS FOR RESIDENTS</u></p> <ul style="list-style-type: none"> • Quarantine for at least 5 days after your last contact with a person who has COVID-19; • Quarantine can end after Day 5 if symptoms are absent and a diagnostic specimen collected on Day 5 or later tests negative; • If unable to test or choosing not to test, and symptoms are absent, quarantine can end after Day 10; • Comply with CDPH masking guidance (i.e., universal masking and, in some cases, surgical masks or higher filtration respirators may be required); • Finish the primary vaccination series if not yet done and get boosted when eligible. If symptoms develop, test and stay home. • If symptoms develop, stay home and test as soon as possible; AND • If test is positive, work restriction continues and isolation begins; follow <i>HEALTH OFFICER ISOLATION RECOMMENDATIONS</i>.
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Recommendations – Scenario 2 – General Public (No Quarantine)	
<p>This applies to people who have been exposed to someone with COVID-19, regardless of vaccination status</p> <p>People infected with SARS-CoV-2 within the prior 90 days do <u>not</u> need to get tested, quarantined, or be excluded from work <u>unless symptoms develop</u>.</p>	<ul style="list-style-type: none"> • Test within 3-5 days after last exposure; • Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information); • Strongly encouraged to get vaccinated or boosted; • If symptoms develop, test and stay home (see earlier section on symptomatic persons); AND • If test result is positive, follow <i>HEALTH OFFICER ISOLATION RECOMMENDATIONS</i>.

IT IS SO RECOMMENDED:

A handwritten signature in black ink, appearing to read "Nancy Williams", is written over a solid horizontal line.

Date: May 10, 2022

Nancy Williams MD, MPH

Public Health Officer