



ORDER OF THE HEALTH OFFICER OF THE COUNTY OF HUMBOLDT MASS ISOLATION ORDER

DATE OF ORDER: December 21, 2020

Please read this Order carefully. Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both. (California Health and Safety Code, § 120295.)

SUMMARY OF THE ORDER

California is in a State of Emergency, because of the Coronavirus Disease 2019 (COVID-19) pandemic. The spread of the virus that causes COVID-19, is a substantial danger to the residents of the County of Humboldt ("County"). COVID-19 can easily spread between people who are in close contact with one another. This order is based on current scientific evidence and best practices. Exposure to COVID-19 can have serious health complications, including death in people who are vulnerable. There is evidence of transmission risk from infected persons, before the onset of symptoms. This means that people who contract COVID-19, whether they show symptoms or not, may place other vulnerable members of the public at significant risk. Vaccine is not yet broadly available and there is no highly efficacious treatment at this time.

The County Health Officer requires the isolation of people with COVID-19. Isolation separates people with COVID-19 from others, until it is determined that they are no longer at risk for spreading the disease. This is done to slow the spread of COVID-19, protect vulnerable individuals, and prevent the healthcare system in the County from being overwhelmed.

UNDER THE AUTHORITY OF SECTIONS 101040 AND 120175 OF THE CALIFORNIA HEALTH AND SAFETY CODE, THE HEALTH OFFICER OF THE COUNTY OF HUMBOLDT ("HEALTH OFFICER") ORDERS:

1. All individuals who have COVID-19, as described in Section 2 of this Order, must isolate themselves and follow all instructions in this Order and the Public Health guidance documents referenced in this Order. Self-isolation is required because a person with COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.
2. For purposes of this Order, an individual is considered to have COVID-19 if the individual was diagnosed with COVID-19 on the basis of a positive lab test for the presence of the coronavirus (known as SARS-CoV-2) that causes COVID-19 and is infectious, as described in Section 3.c. below.



3. Instructions: All individuals who are diagnosed with COVID-19 must immediately take the following actions:

- a. Isolate themselves in their home or another residence. They may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care or during an emergency that requires evacuation to protect the health and safety of the person.
- b. Carefully review and closely follow all requirements listed in the “Home Isolation Instructions” posted at humboldt.gov/blanketorders and attached to this order.
- c. Tell their close contacts that they need to quarantine themselves. Close contacts who should be notified to self-quarantine are people who were near them during their infectious period, as further described below. The infectious period commences 48 hours before symptoms began (or, in the absence of symptoms, 48 hours before the date of administration of a positive test) and ends when the isolation period is over (see Section 4 below). Close contacts of an individual who has COVID-19 are persons who, during the individual’s infectious period, were within six feet of the individual for a total of 15 minutes or longer in a 24 hour period. These may include persons who:
 - Live in, have visited, or have stayed overnight at the individual’s residence; or
 - Are intimate sexual partners of the individual; or
 - Worked within six feet of the individual; or
 - Provide or provided care to the individual without wearing a mask, a face shield or goggles, gown, and gloves; or
 - Have been identified as close contacts by the Humboldt County Department of Health and Human Services.
- d. Refer their close contacts to the “Home Quarantine Instructions” posted at humboldt.gov/blanketorders and attached to this order, which describes steps that household contacts, intimate partners, and caregivers must take to prevent spread of COVID-19. Close contacts have likely been exposed to COVID-19 and if infected, can easily spread COVID-19 to others, even if they have only mild symptoms.



4. The period of isolation for an individual will be one of the following:
 - a. Individuals without symptoms must isolate for 10 days from the date of a positive test.
 - b. Individuals with symptoms must isolate until:
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **AND**
 - Improvement of symptoms, if present **AND**
 - At least 10 days have passed since symptoms started.
5. 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.
6. This Order shall become effective on December 21, 2020, and will continue to be in effect until it is extended, rescinded, superseded, or amended by the Health Officer.
7. Copies of this Order shall promptly be: (1) made available at the Humboldt County Department of Health & Human Services Public Health Branch, 529 I Street, Eureka, CA 95501; (2) posted on the Humboldt County website humboldt.gov/blanketorders and (3) provided to any member of the public requesting a copy.
8. If any provision of this Order or its application to any person or circumstance is held to be invalid, then the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.
9. Humboldt County COVID Information Line during normal business hours, weekdays 8 a.m.-5 p.m. at **707-441-5000** or email us at CovidInfo@co.humboldt.ca.us.

IT IS SO ORDERED:

Ian Hoffman, MD, MPH
Health Officer of the County of Humboldt

Dated: _____

12/21/2020



Attachments:

- Appendix A: Home Isolation Instructions
- Appendix B: Home Quarantine Instructions



INSTRUCTIONS FOR PEOPLE WITH COVID-19

Instructions for Self-Isolation & Health Monitoring

If you have COVID-19 (also known as novel coronavirus), you will need to stay in your home until you are well and no longer infectious. This is called home isolation. When you are able to leave your home will depend mainly on your symptoms, but everyone will have to stay home for at least 10 days after symptoms start or for 10 days after your test date if you never have symptoms.

If you have symptoms, you will be able to leave your home when:

- Any fever has been gone for at least 24 hours without using fever medicine AND
- Your symptoms (like sore throat or cough) have improved AND
- It has been at least 10 days since your symptoms started.

If you were tested but did not have any symptoms at the time of testing, you should check your temperature daily and pay attention to whether you have symptoms of COVID-19 such as cough, runny nose, sore throat, vomiting or diarrhea, body aches, headache or loss of taste and smell. If you start having any of these symptoms, please contact Public Health and let us know. If you are seriously ill, call your health care provider, or seek emergency care. Otherwise, you can leave your home when:

- It has been 10 days since your test date
- You have not developed any symptoms.

Protect the Public:

- Stay home except to see your doctor. Reschedule any non-essential health care appointments (non-urgent doctor's appointments, dentist appointments, etc.)
- Do not go to work or school.
- Do not invite people into your home or visit with them outside your home.
- Do not use public transportation (Bus, Airplane, Taxi, UBER, LYFT).
- Do not travel.
- Do not go to the movies, church, a shopping mall or any place where lots of people may gather.
- You can go outside in your own yard (not a shared yard).

Protect your family:

- Cover your coughs and sneezes with tissues, and throw them away immediately.
- You and your family should wash hands frequently using soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Separate yourself from other people in your home as much as possible.
- Stay in a specific room away from other people, and use a separate bathroom if possible.



- Avoid sharing personal household items such as drinking glasses, dishes, eating utensils, towels and bedding. These items are safe for others to use after regular washing.
- Increase the thoroughness and frequency of your cleaning routine, specifically in areas that need to be shared such as a bathroom or kitchen.
- Clean doorknobs, phones, keyboards, tablets, bedside tables, toilets, bathroom and kitchen fixtures.

Protect Vulnerable Members in your community:

- Please let us know if you have a close contact or someone in your household who spends a lot of time or works in a skilled nursing facility, nursing home, memory care center, correctional/detention facility, shelter, group home, day program, dialysis center, health care facility or works as a first responder. You or they can contact us by calling Humboldt County Public Health at **707-268-2182** or emailing us at CVDnurse@co.humboldt.ca.us.
- If you have close contacts or household members who cannot separate from you during your isolation period as noted under the above section "**Protect your family,**" then have them monitor their symptoms and remain at home for an additional 10-14 days past the end of your isolation. Staying home 14 days is safest to prevent spread of infection to others.
- If someone in your family becomes sick, have them contact their health care provider and tell him/her that your family member has been in contact with someone with COVID-19.

Monitor your health:

- **Seek prompt medical attention if your illness is worsening. For example, if you start to have trouble breathing.**
- If you need to call 911, notify the dispatch personnel that you have been diagnosed with COVID-19.
- Before seeking care, call your medical provider and inform them that you have been diagnosed with COVID-19. Put on a face covering before entering any health care facility. If you do not have one, send someone into the facility to ask for one and to inform the staff of your arrival.

For questions or concerns, please call the Humboldt County COVID Information Line during normal business hours, weekdays 8 a.m.-5 p.m. at **707-441-5000** or email at CovidInfo@co.humboldt.ca.us.



FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

Instructions for Home Quarantine & Health Monitoring

You will need to stay home (quarantined), even though you may not feel sick, since you had close contact with someone with known COVID-19 (also known as novel coronavirus). Quarantine is a way to prevent the spread of the virus to more people. You will need to stay home and monitor yourself for any signs of illness. If you are a health care worker or first responder, please contact your employer for further instructions.

During your Quarantine period, please follow the instructions below:

1. You are to stay in your home.
2. Do not go to work or school.
3. Do not have visitors for the duration of the quarantine period.
4. Wash your hands frequently with soap and water, especially after:
 - Coughing
 - Sneezing, blowing your nose
 - Going to the bathroom
 - Contact with moist materials such as tissue, diapers or a used mask
 - A minimum of 60% alcohol-based hand sanitizer can also be used instead of soap and water if the hands are not visibly dirty.
5. Cover your mouth and nose with tissue when you sneeze or cough. Put tissues in the garbage, and wash your hands immediately with soap and water or use hand sanitizer.
6. Do not share toothbrushes, drinks or eating utensils.

Monitor your health:

- Monitor yourself for symptoms. Symptoms of COVID-19 can include fever, cough, shortness of breath, headache, body aches, sore throat, runny nose, vomiting, diarrhea and loss of sense of taste or smell.
- If you start to feel sick, stay home. Please contact your health care provider, and let them know you are **a contact to someone who has tested positive for COVID-19. Your health care provider may arrange for testing. If you do not have a provider, please call the Joint Information Center.**

When does quarantine end?

- You are required to quarantine for a minimum of 10-14 days (14 days is safest to prevent spread of infection to others) from the last date that they were in contact with the person infected, or likely to be infected with COVID-19.
- Persons are required to quarantine themselves for the entirety of this period, because they are at high risk for developing and spreading COVID-19.
- Even if you are tested during your quarantine period and test negative, you still remain in quarantine because it is possible to become sick at any point over the next 10-14 days.
- If you live with someone who is ill with COVID-19, you will need to be quarantined for 10-14 days after your household member no longer needs to be isolated.

FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

If you have any concerns or questions, please call the Humboldt County COVID Information Line during normal business hours, weekdays 8 a.m.-5 p.m. at **707-441-5000** or email us at CovidInfo@co.humboldt.ca.us.