



# Lassen COVID-19

Lassen County  
Public Health 

## Press Release FOR IMMEDIATE RELEASE

DATE: 01/05/2022

Time: 3:00pm

RELEASE #: 1 of 1

**SUBJECT: California Department of Public Health (CDPH) – Updated Guidance for Local Health Jurisdictions on Isolation & Quarantine of the General Public  
(This guidance does NOT apply to healthcare personnel in any setting)**

Lassen County Public Health will be following CDPH's recommendations listed below:

- Updated isolation and quarantine recommendations for the general public, in alignment with timeframe recommendations from the Centers for Disease Control and Prevention (CDC).
- Recommends additional mitigation measures, including testing to exit isolation and quarantine and improved masking.
- Clarified that fully-vaccinated persons who are booster-eligible, but have not yet received their booster dose are now recommended to quarantine per updated CDC recommendations
- Included Appendix to determine when a person is "booster-eligible".

**Isolation Orders:** Isolated individuals must isolate themselves in a residence and shall follow all directions in this order until they are no longer at risk for spreading COVID-19. Individuals are recommended per CDPH guidelines to:

- Stay home for at least 5 days.
- Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings

**Quarantine Orders:** Self-quarantine is necessary because an individual is at high risk for developing and spreading COVID-19. Individuals who are unvaccinated or have not received their booster shot are recommended per CDPH guidelines to:

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.  
Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.

- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- If symptoms develop, test and stay home.

**To prevent you from possibly spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the isolation period.**

- Stay at home except to get medical care.
- Separate yourself from other people in your home. Do not have any visitors.
- Wear a mask over your nose and mouth in indoor settings, including at home, especially if immunocompromised or around those who are immunocompromised, unvaccinated, or at risk for severe disease.
- Avoid sharing rooms/spaces with others; if not possible, open windows to outdoor air (if safe to do so) to improve ventilation or use portable air cleaners and exhaust fans.
- Avoid using the same bathroom as others; if not possible, clean and disinfect after use.
- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean or disinfect "high-touch" surfaces.
- Monitor your symptoms.
- If you have symptoms or are sick, you should stay away from others even if they have some protection by having been previously infected in the past 3 months or by being fully vaccinated.

To read CDPH's full guidance, please visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

If you feel like you or someone you care for is exhibiting symptoms, please call your local provider or Public Health (530) 251-8183 Monday – Friday, 8:00am – 5:00pm.