



TRINITY COUNTY HEALTH AND HUMAN SERVICES

Elizabeth Hamilton, Director
#51 INDUSTRIAL PARK WAY
P.O. BOX 1470, WEAVERVILLE, CALIFORNIA 96093
PHONE (530) 623-1265 (800) 851-5658 FAX (530) 623-8250

*Marcie Jo Cudziol RN, PHN, MPA
Public Health Branch Director*

*David Herfindahl MD, MPH
Health Officer*

PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 12/18/2020

Contact: Marcie Cudziol RN, PHN, MPA

Trinity County Coronavirus (COVID-19) Health Advisory

TRINITY COUNTY – The California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) have updated COVID-19 Quarantine Guidance.

Although both the CDC and CDPH continue to recommend the 14 day quarantine based on the upper bounds of the COVID-19 incubation period, it is recognized that this can impose burdens that may affect physical and mental health as well as create economic hardship.

To reduce hardships, while continuing to prevent the spread of COVID-19, CDPH has provided the following Quarantine Guidance:

- All asymptomatic close contacts (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) may discontinue quarantine after Day 10 from the date of last exposure with or **without** testing.
- During critical staffing shortages when there are not enough staff to provide safe patient care, essential critical infrastructure workers in the following categories are not prohibited from returning after **Day 7** from the date of last exposure if they have received a negative PCR test result from a specimen collected after Day 5:
 - Exposed asymptomatic health care workers; and
 - Exposed asymptomatic emergency response and social service workers who work face to face with clients in the child welfare system or in assisted living facilities.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>



TRINITY COUNTY HEALTH AND HUMAN SERVICES

Elizabeth Hamilton, Director
#51 INDUSTRIAL PARK WAY
P.O. BOX 1470, WEAVERVILLE, CALIFORNIA 96093
PHONE (530) 623-1265 (800) 851-5658 FAX (530) 623-8250

- **All exposed asymptomatic contacts permitted to reduce the quarantine period to less than 14 days must:**
 - Adhere strictly to all recommended non-pharmaceutical interventions, including wearing face coverings at all times, maintaining a distance of at least 6 feet from others and the interventions required below, through Day 14:
 - Use surgical face masks at all times during work for those returning after Day 7 and continue to use face coverings when outside the home through Day 14 after last exposure.
 - Self-monitor for COVID-19 symptoms through Day 14 and if symptoms occur, immediately self-isolate and contact their local public health department or healthcare provider and seek testing.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Trinity County Public Health Branch (TCPHB) is coordinating with federal, state, and local partners to secure COVID-19 vaccine and vaccination planning for distribution of vaccine as soon as it becomes available. The TCPHB COVID-19 Vaccination Plan can be found at <https://www.trinitycounty.org/COVID19-Vaccine>

Vaccination will be a vital tool in reducing the effects of the COVID-19 pandemic, including severe illness and hospitalization. Public Health Experts agree however, that people not abandon public health measures such as wearing masks and social distancing until we have a better indication of the protective effects of COVID-19 vaccination and the uptake of the vaccine in any given population (i.e., how many persons are vaccinated).

For more information and resources on COVID-19 vaccine please visit:

www.trinitycounty.org

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19Vaccine.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>