



## Public Health Brief

**Richard O. Johnson, M.D., MPH**      **Nichole Williamson**  
Public Health Officer                      HHS Director  
Office: 530-694-2146, Ext 249              Office: 530-694-2235  
e-mail: [rjohnson@alpinecountyca.gov](mailto:rjohnson@alpinecountyca.gov)

24/7/365 Emergency Contact Number  
Dispatch: 530-694-2231, Ext 330



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### California Department of Public Health: Guidance on Isolation and Quarantine of the General Public [Guidance on Isolation and Quarantine for COVID-19 Contact Tracing \(ca.gov\)](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/2021.12.30_COVID-19_Isolation_and_Quarantine.aspx)

As you know, the world, the USA, and California are seeing record numbers of COVID-19 cases. Today I was informed of a number of cases of COVID-19 in residents and workers in Alpine County, involving both the east and west sides of the county.

It is predicted that virtually all new cases are or will shortly be caused by the Omicron variant. This variant spreads incredibly fast. Persons are most likely highly contagious for 1-2 days prior to developing symptoms, with the highest risk of spreading infection continuing for at least 3 days following onset of symptoms. The 2 dose primary vaccine series is not sufficient for protection. A booster at least 6 months later is necessary, but it is not yet known if additional boosters will be recommended in the future. Much still needs to be learned.

In response to these developments, the Centers for Disease Control and Prevention (CDC) released a Media Statement on Monday December 27<sup>th</sup> shortening the recommended Isolation and Quarantine Period. ([CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population | CDC Online Newsroom | CDC](https://www.cdc.gov/media/releases/2021/s1227-covid-19-isolation.html))

This evening, the California Department of Public Health issued its recommendations for shortening the recommended isolation and quarantine periods, with some requirements in addition to those recommended by the CDC.

Three significant changes to note:

- To leave isolation or quarantine after 5 days, there are stated requirements, including a negative test. A home antigen test is preferred, which is available from the Alpine County Health Department (M-F, 8-12 and 1-5) in Woodfords, or by calling Jill Jessen-Smith in Bear Valley at 530-721-7489.



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Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120  
Alpine County Board of Supervisors, Phone: (530) 694-2281  
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- The definition of being “fully vaccinated” now includes a booster shot at least 6 months after the initial 2 Moderna or Pfizer doses, or 2 months after a single J and J dose.
- Persons who are eligible for booster, but have not yet received it, are now recommended to quarantine.

Reminder: California has a mandatory masking order when indoors or in outdoor settings where social distancing is not possible. See the following for advice regarding mask selection:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>

Please refer to the following tables for recommendations if you test positive or if you are exposed to someone who tests positive or has symptoms consistent with COVID-19.

Symptoms may include fever, chills, cough, shortness of breath, headache, sore throat, body/muscle aches, runny or stuffy nose, loss of taste or smell, nausea, vomiting, or diarrhea.

In the workplace, employers are subject to the [Cal/OSHA COVID-19 Prevention Emergency Temporary Standards \(ETS\)](#) or in some workplaces the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#) (PDF), and should consult those regulations for additional applicable requirements.

For quarantine considerations in K-12 school settings, see [CDPH K-12 Schools Guidance](#) and CDPH K-12 testing strategies.

Note: Some documents have not yet been updated with the shortened isolation and quarantine recommendations.

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
Everyone, regardless of vaccination status, previous infection or lack of symptoms.	<ul style="list-style-type: none"> <li>• <b>Stay home</b> (PDF) for at least 5 days.</li> <li>• Isolation can end after day 5 if symptoms are not present or are resolving <b>and</b> a diagnostic specimen* collected on day 5 or later tests negative.</li> <li>• If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.</li> <li>• If fever is present, isolation should be continued until fever resolves.</li> <li>• If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.</li> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> </ul>

\*Antigen test preferred.



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Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> <li>• Unvaccinated<sup>**</sup>; OR</li> <li>• Vaccinated and booster-eligible<sup>**</sup> but have <b>not</b> yet received their booster dose.</li> </ul> <p><sup>**</sup>Includes persons previously infected with SARS-CoV-2, including within the last 90 days. (See <a href="#">Appendix</a> for definition of booster-eligible)</p>	<ul style="list-style-type: none"> <li>• <b>Stay home</b> (PDF) for at least 5 days, after your last contact with a person who has COVID-19.</li> <li>• Test on day 5.</li> <li>• Quarantine can end after day 5 if symptoms are not present <b>and</b> a diagnostic specimen collected on day 5 or later tests negative.</li> <li>• If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</li> <li>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>• If testing positive, follow isolation recommendations above.</li> <li>• If symptoms develop, test and stay home.</li> </ul>

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> <li>• Boosted; OR</li> <li>• Vaccinated, but not yet booster-eligible.</li> </ul> <p>(See <a href="#">Appendix</a> for definition of booster-eligible)</p>	<ul style="list-style-type: none"> <li>• Test on day 5.</li> <li>• Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>• If testing positive, follow isolation recommendations above.</li> <li>• If symptoms develop, test and stay home.</li> </ul>

To schedule a first or second dose or booster dose of vaccine, or to ask questions about testing or anything else regarding COVID-19, please call 530-694-2146, Option 1. Even though the Alpine County Offices are all closed until Tuesday morning January 4<sup>th</sup>, I will respond to voice mails at least every 24 hours.



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