



# County of Santa Cruz

## HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 Emeline Ave., SANTA CRUZ, CA 95061-0962  
TELEPHONE: (831) 454-4000 FAX: (831) 454-4488 TDD: Call 711

### Public Health Division

## ORDER OF THE HEALTH OFFICER OF THE COUNTY OF SANTA CRUZ REQUIRING QUARANTINE OF THOSE INDIVIDUALS WHO HAVE BEEN IN CLOSE CONTACT WITH SOMEONE PRESUMPTIVELY INFECTED WITH COVID-19

**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, *et seq.*; Cal. Penal Code §§ 69, 148(a)(1).)**

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE HEALTH OFFICER OF THE COUNTY OF SANTA CRUZ (“HEALTH OFFICER”) ORDERS:

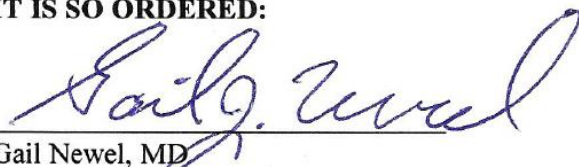
1. The spread of the novel coronavirus COVID-19 has created a state of emergency in California and in Santa Cruz County. COVID-19 is a highly contagious virus that poses a substantial danger to the people of Santa Cruz County. Currently, there is no specific treatment for COVID-19 and no vaccine available to help prevent infection. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from the avoidable risk of serious illness or death resulting from exposure to COVID-19.
2. A person infected with or likely to have COVID-19 can easily spread the virus to others. “Quarantine” separates and restricts the movement of persons who, while not yet infected with COVID-19, have been exposed to COVID-19 and therefore may become infectious. Quarantine measures help prevent the spread of COVID-19 by separating these individuals from others.
3. All persons who have had close contact with a person presumptively infected with COVID-19<sup>1</sup> must self-quarantine for at least 14 days (instructions on how to self-quarantine are attached hereto as Appendix C). A “close contact” is defined as any person who:
  - (a) Has been within six feet of a person presumptively infected with COVID-19 during an infectious period; and
  - (b) Has shared saliva (for example, by physical contact, by sneezing or coughing near them, or by sharing cups, plates, and utensils) with a person presumptively infected with COVID-19 during an infectious period.

<sup>1</sup> A person is presumptively infected with COVID-19 when:

- (a) They have a positive lab test for the coronavirus (SARS-CoV-2) that causes COVID-19.
- (b) They have signs and symptoms that are consistent with COVID-19 within 14 days of being in close contact with a person who has or was believed to have had COVID-19; or
- (c) A medical clinician has informed the individual they are likely to have COVID-19.

4. All individuals who have been identified as close contacts to a person with COVID-19 must immediately take the following steps:
  - (a) Review and closely follow all requirements for self-quarantine listed in the “COVID-19 Self-Quarantine and Self-Isolation Instructions for Patients” attached to this Order as Appendix C and posted online at [www.santacruzhealth.org/IQEnglish](http://www.santacruzhealth.org/IQEnglish) and [www.santacruzhealth.org/IQEspanol](http://www.santacruzhealth.org/IQEspanol).
  - (b) Post the Notice of Quarantine attached to this Order as Appendix B at their place of quarantine.
5. Medical providers must advise patients to quarantine in accordance with the advisory notice attached as Appendix A.
6. The Health Officer may take additional action(s), which may include civil detention or requiring an individual with a confirmed or suspected diagnosis of COVID-19 to stay at a health facility or other location, to protect the public’s health if an individual who is subject to this Order fails to comply with this Order.
7. Pursuant to Government Code sections 8667, 26602 and 41601 and Health and Safety Code section 101029, the Health Officer requests that the Sheriff and all chiefs of police in the County ensure compliance with and enforce this Order. The violation of any provision of this Order constitutes an imminent threat and menace to public health, constitutes a public nuisance, and is punishable by fine, imprisonment, or both.
8. Copies of this Order shall promptly be: (1) made available at the County offices at 701 Ocean St, Santa Cruz, CA 95060; (2) posted on the County Public Health Department website ([www.santacruzhealth.org](http://www.santacruzhealth.org)); and (3) provided to any member of the public requesting a copy of this Order.
9. If any provision of this Order or its application to any person or circumstance is held to be invalid, 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.

**IT IS SO ORDERED:**

  
\_\_\_\_\_  
Gail Newel, MD  
Health Officer of the County of Santa Cruz

Dated: July 28, 2020

Approved as to Form:

  
\_\_\_\_\_  
Office of the County Counsel

Attachments:      Appendix A – Public Health Advisory Instructions for Clinicians  
                            Appendix B – Notice of Quarantine  
                            Appendix C – COVID-19 Self-Quarantine and Self-Isolation Instructions for Patients

## APPENDIX A



# County of Santa Cruz

## HEALTH SERVICES AGENCY

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### Public Health Division

## COVID-19 HEALTH ADVISORY

JULY 22, 2020

### CLINICIAN RESPONSIBILITY TO COMMUNICATE WITH PATIENTS

On July 22, 2020, the Health Officer issued blanket Isolation Orders that apply to all persons diagnosed with suspected or confirmed COVID-19 and blanket Quarantine Orders that apply to all close contacts of cases.

Effective July 22, 2020, Santa Cruz County Health Services Agency (HSA) directs healthcare partners to disseminate Isolation Orders to all patients being tested for COVID-19 or who are presumptively diagnosed with COVID-19 without testing BEFORE they leave the health care facility. In addition, healthcare partners are directed to disseminate quarantine orders to all close contacts of cases.

The provider is responsible for informing suspected and confirmed patients about the need for them to self-isolate and for their close contacts to quarantine. Provide them with printed information as specified below, and make sure they understand the self-isolation instructions. Public Health is no longer calling patients and their contacts to provide this information.

Additionally, the ordering provider is responsible for informing tested patients of their COVID-19 test results, both positive and negative. For confirmed cases, the continued need for isolation (and quarantine for household members/close contacts) is to be reinforced by the clinician when the positive test result is provided. Public Health does not call patients to provide test results and is no longer monitoring cases and their contacts.

Isolation and Quarantine Guidance from the California Department of Public Health can be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Isolation%20and%20Quarantine%20Guidance%20Jul%2017%202020.pdf>

### Actions Requested of Clinicians:

- Prioritize COVID-19 testing in persons meeting updated CDC and California Department of Public Health (CDPH) criteria regardless of which laboratory is performing testing. See <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html> and <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx>.

Print out and give the HSA Health Officer Isolation and Quarantine Orders Packet (Packet) to all patients being tested for COVID-19 or in whom you strongly suspect COVID-19 but will not be testing. In addition to the orders the Packet contains home isolation and quarantine instructions. The Packet is posted at [www.santacruzhealth.org/IQEnglish](http://www.santacruzhealth.org/IQEnglish) and [www.santacruzhealth.org/IQEspañol](http://www.santacruzhealth.org/IQEspañol).

- Place a patient identification sticker or handwrite the patient's name on the Health Officer Order of Isolation.
- Provide additional Packets for close contacts who must self-quarantine, including the Health Officer Order of Quarantine.
- For patients with positive test results, or for whom a COVID-19 diagnosis is strongly suspected, please fill out and submit a COVID-19 Confidential Morbidity Report (CMR) to the Communicable Disease Unit at fax number (831) 454-5049. The CMR form is posted at <https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome/ProviderGuidance.aspx>
- Instruct your patients to
  - Self-isolate at home while waiting for the results of COVID-19 testing (if being tested)
  - Adhere to the Health Officer Order of Isolation if their COVID-19 test results are positive or if you diagnose them with COVID-19 without laboratory testing
  - Follow the HSA Home Isolation and Quarantine Instructions attached to this notice (Appendix C) and at and posted online at [www.santacruzhealth.org/IQEnglish](http://www.santacruzhealth.org/IQEnglish) and [www.santacruzhealth.org/IQEspañol](http://www.santacruzhealth.org/IQEspañol).
  - Immediately inform their household members, intimate partners, in-home caregivers and other close contacts of the need to self-quarantine. The patient must also provide those individuals with the Health Officer Order of Quarantine, and the Home Quarantine Instructions that are included in the Packet.
  - Post the attached notice (Appendix B) at every entrance to their location of isolation or quarantine.

Questions? Call the Communicable Disease Unit on weekdays 8am–5pm at (831) 454-4114. Outside of these hours, a voicemail may be left for later response.



Public Health Division

# County of Santa Cruz

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# Notice

## Quarantine Order in Effect

Entry restricted to caregivers and Santa Cruz County Health Services Agency personnel.

All persons entering shall comply with quarantine control procedures set forth in the Quarantine Order.

By order of the SANTA CRUZ COUNTY  
PUBLIC HEALTH OFFICER



## COUNTY OF SANTA CRUZ



SERVING THE COMMUNITY~WORKING FOR THE FUTURE

# COVID-19 Self-Quarantine and Self-Isolation Instructions for Patients

ADAPTED FROM INFORMATION FROM [WWW.CDC.GOV](http://WWW.CDC.GOV)

If you have questions, please call:

**Communicable Disease Unit**

**831-454-4242**

**Current Hours**

**Monday - Friday: 8:00 am- 5:00 pm**

# How to use this Patient Booklet

Please use this booklet as a guide to understand what you need to do if you have been exposed to someone who has COVID-19. Any one who has close contact with a person who has COVID-19 needs to take careful steps to monitor their health.

If we work together and follow the directions in this booklet, we can reduce the impact of COVID-19 on our community.

## Terms to Understand

### **COVID-19:**

A Novel Coronavirus identified in 2019 that can cause mild to severe respiratory illness. Symptoms include fever, chills, cough, shortness of breath or difficulty breathing, headache, sore throat, body aches, fatigue, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.

### **Self-Quarantine:**

When you are separated and asked to stay home because you have been exposed to someone who has COVID-19.

During this time you may develop symptoms, so it is important to stay home.

### **Self-Isolation:**

Isolation is used to separate someone who is sick from COVID-19 from healthy people. This helps limit the spread of COVID-19 to other members of a family or the community. Someone in isolation cannot leave their home until their healthcare provider says it is ok to leave.

### **Confirmed Case:**

A person who has been diagnosed with COVID-19.

### **Close Contact:**

When you have been exposed to someone with COVID-19, while they are contagious and neither of you was wearing proper protective equipment (medical grade face mask, gloves, and gown). \*\*Homemade cloth masks do not protect against close contact.

### **When have you been in close contact?**

- When you are less than 6 feet from someone with COVID-19 for more than 15 minutes.
- When you have had contact with the saliva from a person who has COVID-19. For example, if someone sneezes or coughs on you or if you share cups, plates, and utensils.

### **Physical Distancing:**

Keeping 6 feet of distance between you and another person to avoid getting COVID-19 or giving it to someone else.

# Instructions for Self-Quarantine under COVID-19

You will be asked to self-quarantine if you are a close contact of a person who has COVID-19 and you do NOT have symptoms.

You will be in self-quarantine for **14 days** from last exposure. A healthcare provider will tell you when you can come off self-quarantine.

## Stay at home.

Cancel all travel.

Do not go to work. Do not go to school. Avoid crowded public spaces. Remain at home as much as possible. Do not use public transportation or ride sharing.



Going for walks is OK. Practice social distancing AND wear a face covering when you are out walking.



## Wash your hands and disinfect common areas.

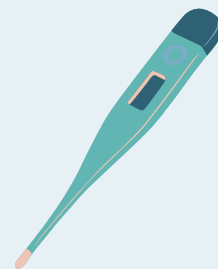
Clean your hands often for 20 seconds with soap and warm water.



Disinfect common areas.

## Check your temperature.

Check your temperature at least two times a day and record in the Symptoms and Temperature Log.



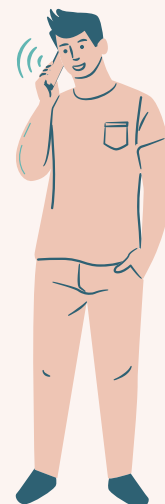
## Monitor your symptoms.

Record your symptoms in the Symptoms and Temperature Log. (Log sheets are included in this booklet).



## Call your doctor or hospital before visiting.

Reschedule any non-urgent appointments. If you need to see a healthcare provider, **please let the office staff know that you are on Self-Quarantine.**



## Plan for support.

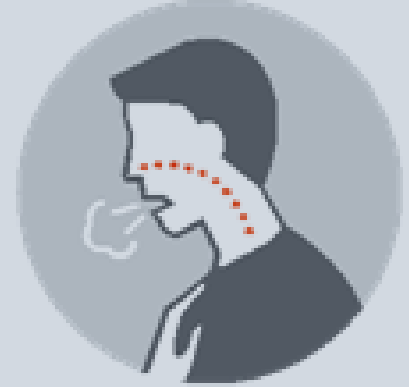
Friends and family can help bring you food and supplies, **but they cannot come into your home.**







## Call your healthcare provider if you develop symptoms while under self-quarantine



- **Fever of 100.4°F or higher.**

- **Chills**

- **Shortness of Breath or Difficulty Breathing**

- **Headache**

- **Muscle or Body Aches**

- **Fatigue**

- **New loss of taste or smell**

- **Nausea or vomiting**

- **Congestion or runny nose**

- **Sore Throat**

- **Diarrhea**



Let your healthcare provider know that you were exposed to a confirmed case of COVID-19 and that you developed symptoms while in self-quarantine.

**Always call ahead before seeking medical attention in person.**

## You will be asked to self-isolate for these reasons:

- You are a confirmed case of COVID-19.
- You began to have symptoms of COVID-19 while you were on Self-Quarantine.

You will be in self-isolation until your healthcare provider lets you know when you can come out of self-isolation.

# Instructions for Self-Isolation under COVID-19

## Stay at home.

Cancel all travel.

Do not go to work. Do not go to school. **Do not leave your house until your healthcare provider has cleared you from isolation.**



## Wash your hands and disinfect common areas.

Practice good hand hygiene by washing your hands with soap and water.



## Check your temperature.

Check your temperature at least two times a day and record on Symptoms and Temperature Log.



## Watch for other symptoms.

COVID-19 symptoms include cough, difficulty breathing, fever, headache, body aches, fatigue, and others. Record your symptoms in the Symptoms and Temperature Log.



## Stay in your own room

Stay in your own room, if possible. Wear a face mask if you have to be around other people in your home.

*If possible, use your own toilet and bathroom as well.*



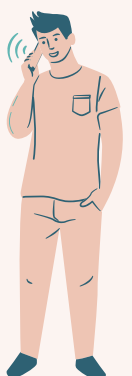
## Plan for support.

Friends and family can help bring you food and supplies, **but they cannot come into your home.**

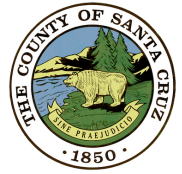


## Call your doctor or hospital before visiting.

Reschedule any non-urgent appointments. If you need to see a healthcare provider or receive urgent outpatient care, **please let them know that you are Self-Isolating for confirmed COVID-19.**



# Disinfecting your home if someone is sick.



For more information, go to [www.santacruzhealth.org/coronavirus](http://www.santacruzhealth.org/coronavirus).

## Clean and disinfect often

- Use soap and water.
- Clean frequently touched surfaces like Tables, doorknobs, light switches, counters, handles, phones, desks, toilets, keyboards, and faucets.



## Wash your hands often.

- Use soap and warm water.
- Rub for at least 20 seconds.
- Wash hands right after removing gloves
- Wash hands after caring for a person with COVID-19.



## Doing laundry.

- Wear disposable gloves.
- Wash hands with soap and water after taking off gloves.
- Do not shake out dirt laundry.
- Dirty laundry from the sick person CAN be washed with other items.
- Clean and disinfect hampers.

## Taking out the trash.

- Have a separate lined trash can for items used by the person who is ill.
- Use gloves when removing trash.
- Wash hands after taking out trash.



## Preparing food.

- The person who is sick with COVID-19 should eat (or be fed) in their own room, if possible.
- Wash their dishes, cups, forks, knives, and spoons using gloves and hot water or in a dishwasher.
- Disinfect any trays or tables used for a meal.



## How to Disinfect.

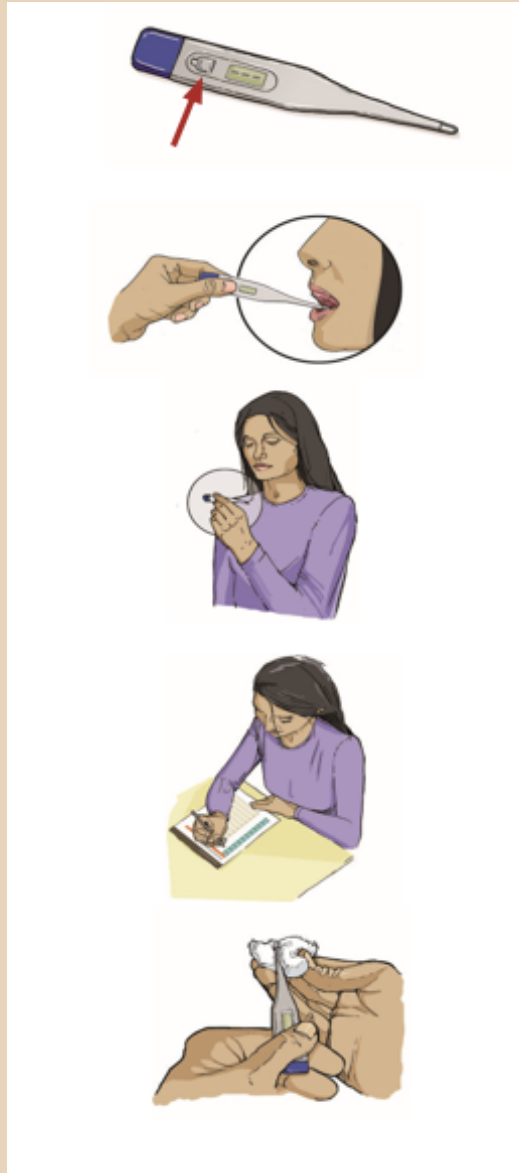
- Use diluted household bleach solutions:
  - 5 Tablespoons bleach into 1 gallon of water
- Alcohol solutions with at least 70 % alcohol
- Wear gloves while cleaning and throw them out after cleaning.
- Open doors or windows to ventilate rooms while disinfecting.
- Follow instructions on the label to ensure safe and effective use of the product.





# How to take your temperature

You will need a thermometer that works. If you do not have one, let your healthcare provider know. **Important:** Do not eat or drink or exercise for 30 min before taking your temperature. If you have taken medications to lower your temperature (acetaminophen, aspirin, ibuprofen) wait at least 3 hours to take your temperature.



Turn on the thermometer by pressing the button near the screen. Zero out the thermometer before each use.

Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer. Instead, close your mouth and lips around it to hold it tight.

Read your temperature on the screen. **If you have temperature of 100.4° F or higher, you have a fever.**

Write your temperature in the Symptoms Log.

Clean and sterilize your thermometer with soap and water and dry it well between each use.

**For Infants and Young Children:** For infants and children younger than 4 years old, use a child's thermometer, like an ear thermometer. If you do not have one, use a regular thermometer and place it in the center of the child's armpit. **When the temperature is taken in the armpit, a temperature of 99.4° F means the child has a fever.** Please let your healthcare provider know that you took the temperature in the armpit.



# Symptoms and Temperature Log



Please fill out this form to share with your healthcare provider. This will help to decide when you are done with self-quarantine or self-isolation. Circle the symptoms you notice.

Date of Symptoms	Temperature °F	Symptoms			Notes
	AM:  PM:	<ul style="list-style-type: none"> <li>• <b>No Symptoms</b></li> <li>• Felt Feverish</li> <li>• Chills</li> <li>• <b>Cough:</b></li> <li>- Getting Worse</li> <li>- Getting Better</li> <li>• <b>Shortness of Breath</b></li> </ul>	<ul style="list-style-type: none"> <li>• Sore Throat</li> <li>• Muscle Aches</li> <li>• Abdominal Pain</li> <li>• Diarrhea: _____times/day</li> <li>• Vomiting__</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Congestion or runny nose</li> <li>• Other _____</li> </ul>	
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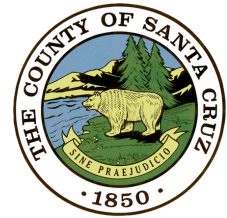
# Symptoms and Temperature Log



Please fill out this form to share with your healthcare provider. This will help to decide when you are done with self-quarantine or self-isolation. Circle the symptoms you notice.

Date of Symptoms	Temperature °F	Symptoms			Notes
	AM:  PM:	<ul style="list-style-type: none"> <li>• <b>No Symptoms</b></li> <li>• Felt Feverish</li> <li>• Chills</li> <li>• <b>Cough:</b></li> <li>- Getting Worse</li> <li>- Getting Better</li> <li>• <b>Shortness of Breath</b></li> </ul>	<ul style="list-style-type: none"> <li>• Sore Throat</li> <li>• Muscle Aches</li> <li>• Abdominal Pain</li> <li>• Diarrhea: ___times/day</li> <li>• Vomiting__</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Congestion or runny nose</li> <li>• Other _____</li> </ul>	
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# General Contact Information



## Centers for Disease Control



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

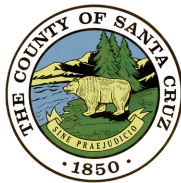
For up to date information  
and recommendations on  
COVID-19

## California Department of Public Health (CDPH)



[www.cdph.ca.gov](http://www.cdph.ca.gov)

## Santa Cruz County Public Health Department



[www.santacruzhealth.org/coronavirus](http://www.santacruzhealth.org/coronavirus)

## Santa Cruz County Public Health Communicable Disease Unit

Call

**831-454-4114**

Hours:

Monday - Sunday: 8:00 am - 5:00 pm  
(Extended hours for COVID-19 response)



Information on local resources for food  
banks, medical care, and support services

[www.211santacruzcounty.org](http://www.211santacruzcounty.org) or  
Text "covid19" to 211211

## Santa Cruz Office for Economic Development

Information for business owners  
regarding  
COVID-19 relief and resources

**831-454-2100**

[www.sccvitality.org](http://www.sccvitality.org)



# Mental Health Tips for Coronavirus COVID-19

## Keep a routine

As much as possible, stick to routines that worked for you before.

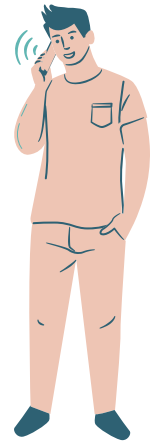
- Make a schedule together with your family.
- Make sure to schedule healthy meals.
- Include time outside for a walk or hike. Keep 6 feet apart from others.



## Stay Connected

Call or video chat with at least one person every day.

- Say, “Hi” to neighbors.
- Join an online group or meeting. Many groups have meetings that are easy to join from a computer or smart phone.
- Read the Mental Health Resource List (other side) and call or check a website for more information.



## Relax

It is common to worry about your health, family and money. Worrying constantly will not make anything better.

- Give yourself permission to take a break.



## Keep Balance

Balance your time keeping up with the news with activities that calm you.

- Try to leave the phone at home or on silent for a few minutes.
- Take a walk or sit outside and just breathe.

Small adjustments can go a long way to greater peace and calm.



## Have Fun

Laughter is good medicine! The situation is very serious, but finding humor along the way will improve your mood.

- “Movie therapy,” especially a good comedy, can leave you feeling a little lighter.
- Turn up music and dance or sing.



For more information call 2-1-1.



# County of Santa Cruz Mental Health Resources

## **Santa Cruz Behavioral Health Crisis Stabilization Program**

24-Hour Hotline: **831-600-2800**

2250 Soquel Drive, Santa Cruz

24-hour emergency response for people experiencing a mental health crisis. Anyone can call directly. They do not need to talk with a doctor first.

## **County of Santa Cruz Behavioral Health**

24-Hour Hotline: **800-952-2335**

For anyone interested in behavioral health services. A clinician can talk to you about a variety of options available in Santa Cruz County.

## **National Alliance on Mental Illness (NAMI) [namiscc.org](http://namiscc.org)**

Help Line: **831-427-8020 x 7**

Español: **831-205-7074**

Administrative Office: (831) 824-0406

Information for consumers and their family members.

## **Psychology Today [psychologytoday.com](http://psychologytoday.com)**

Many therapists now offer computer or phone appointments.

## **California Peer Run Hotline 1-855-845-7415**

This Peer-Run Hotline provides non-emergency resources for anyone in California seeking emotional support.

## **Suicide Prevention Crisis Line**

for Santa Cruz, San Benito, & Monterey counties:

24-hour Hotline: **1-877-663-5433, 1-877-ONE-LIFE**

24-hour National Hotline: **1-800-273-8255**

## **2-1-1**

24-hour help line: **Dial 2-1-1**

Text your zip code to: 898-211

For Coronavirus information, text "**COVID19**" to **211211**

**[211santacruzcounty.org](http://211santacruzcounty.org)**

Free service to connect people with health information and social services.

## **Santa Cruz County Senior Network Services**

**831-462-1433**

## **Recovery Groups**

12-Step groups like AA, NA, Al-Anon and others have set up online and phone groups. Check on each program's website for more detail, or call 2-1-1.

## **Smart Recovery**

**[SmartRecovery.org](http://SmartRecovery.org)**

Science-based recovery, online groups and support.

## **Refuge Recovery**

**[RefugeRecovery.org](http://RefugeRecovery.org)**

Mindfulness-based online groups and support.

## **Spiritual/Religious**

Many faith-based communities (churches, synagogues, temples, etc.) now have online worship, meditation or spiritual practice.

Call or check their websites for more information.

