



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



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PUBLIC HEALTH ADVISORY

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Novel Coronavirus (COVID-19) Update

Dear Colleagues:

Situation Update

On March 16, the public health officers of seven Bay Area jurisdictions, including Marin County, issued a legal order directing residents to shelter at home for three weeks. The order limits activity, travel and business functions to only the most essential needs. Scientific evidence shows social distancing is one of the most effective approaches to slow the transmission of communicable disease. [The Public Health Order](#) is in effect until April 7, 2020 until 11:59 PM.

This week testing capacity increased in Marin County. Providers must report suspect COVID-19 cases immediately and may request testing by completing the [Confidential COVID-19 Provider Testing & Reporting Form](#). Marin County Public Health is not recommending testing individuals with mild respiratory illness.

Individuals who are tested for COVID-19 are [instructed](#) to isolate at home and restrict contact with household members. If someone tests positive for COVID-19, Marin County Public Health will [instruct](#) close contacts (typically household) to remain at home for 14 days after last exposure. Close contact is defined as being within approximately 6 feet of a COVID-19 case for at least one hour or having direct contact with infectious COVID-19 secretions.

On March 16, 2020, Centers for Disease Control and Prevention (CDC) issued [interim guidance](#) for discontinuation of home isolation for persons diagnosed with COVID-19. Persons diagnosed with COVID-19 may discontinue home isolation after more than 7 days have passed since symptoms started and after 3 days (72 hours) of being asymptomatic and afebrile (without the use of fever-reducing medications).

On March 16, 2020 Governor Newsom issued [Executive Order N-27-20](#), which authorized first responders, health and human services care providers and workers who are asymptomatic (including those with known exposure to COVID-19 patients) to continue working subject to taking precautions to prevent transmission.

Recommendations

General

1. Follow the [March 16 Public Health Shelter-in-Place Order](#). Visit <https://coronavirus.marinhhs.org/faqs/en> to review frequently asked questions. The Shelter-in-Place order broadly categorizes the healthcare sector as essential, and not subject to the order.
2. Shelter-in-place, wash hands frequently and practice respiratory etiquette.
3. Individuals who have had contact with a contact of a COVID-19 patient should follow the Public Health Order (i.e., report to work only if providing essential services).
4. Marin County Public Health is not recommending COVID-19 testing for persons with mild respiratory illness.
5. Essential workers with confirmed or suspected COVID-19 may discontinue home isolation 7 days after symptoms started if they have been asymptomatic and afebrile (without the use of fever-reducing medications) for at least 3 days (72 hours).

First responders, health care workers and human services providers

1. Stay home from work if experiencing symptoms of a respiratory illness.
 - a. Marin County Public Health is not recommending COVID-19 testing for persons with mild respiratory illness.
 - b. Return to work if you have been asymptomatic and afebrile (without the use of fever-reducing medications) for at least 1 day (24 hours).
 - c. Individuals with confirmed or suspected COVID-19 may discontinue home isolation and return to work 7 days after symptoms started if they have been asymptomatic and afebrile (without the use of fever-reducing medications) for at least 3 days (72 hours).
2. Asymptomatic persons should report to work.
3. Asymptomatic persons with a known exposure to COVID-19 should report to work. Self-monitor for symptoms, and seek evaluation from occupational health if respiratory symptoms develop
4. Asymptomatic persons with confirmed or suspected COVID-19 should report to work. After returning to work, [health care personnel](#) should¹:
 - a. Always wear a facemask for 14 days after illness.
 - b. Restrict contact with severely immunocompromised patients (e.g., transplant, hematology-oncology) for 14 days after illness.
 - c. Adhere to hand hygiene, respiratory hygiene, and cough etiquette in [CDC's interim infection control guidance](#).
 - d. Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen

¹ Health Care Personnel (HCP) should be evaluated by occupational health to determine appropriateness of earlier return to work than recommended above if HCP staffing shortages.

Additional Information

World Health Organization (WHO). <https://www.who.int/health-topics/coronavirus>

Centers for Disease Control and Prevention (CDC).
<https://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>

California Department of Public Health (CDPH).
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

Marin Health and Human Services
<https://www.marinhhs.org/coronavirus>

Sincerely,

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