

COVID-19 Prevention Program (CPP) for Klamath-Trinity Joint Unified School District

This CPP is designed to control employees' exposures to the SARS-CoV-2 virus (COVID-19) that may occur in our workplace.

With some exceptions, all employers and places of employment are required to establish and implement an effective written COVID-19 Prevention Program (CPP) pursuant to the Emergency Temporary Standards in place for COVID-19 (California Code of Regulations (CCR), Title 8, section [3205\(c\)](#)). Cal/OSHA has developed this model program to assist employers with creating their own unique CPP tailored to their workplace.

Using this model alone does not ensure compliance with the emergency temporary standard. To use this model program effectively, the person(s) responsible for implementing the CPP should carefully review:

- All of the elements that may be required in the following CCR, Title 8 sections:
 - [3205, COVID-19 Prevention](#)
 - [3205.1, Multiple COVID-19 Infection and COVID-19 Outbreaks](#)
 - [3205.2, Major COVID-19 Outbreaks](#)
 - [3205.3, Prevention in Employer-Provided Housing](#)
 - [3205.4, COVID-19 Prevention in Employer-Provided Transportation](#)
 - The four [Additional Considerations](#) provided at the end of this program to see if they are applicable to your workplace.
- Additional guidance and resources are available at www.dir.ca.gov/dosh/coronavirus/



June 2021

Authority and Responsibility

The Superintendent has overall authority and responsibility for implementing the provisions of this CPP in our workplace and for implementing procedures that are directed from the Board of Trustees through Board Policies and Administrative Regulations. The Superintendent's Cabinet (Assistant Superintendent for Students Services, Assistant Superintendent for Business Services, Director of Indian Education) make operational decisions in consultation department supervisors, site administrators, and the School Resource Officer. In addition, all managers and supervisors are responsible for implementing and maintaining the CPP in their assigned work areas and for ensuring employees receive answers to questions about the program in a language they understand. All employees are responsible for using safe work practices, following all directives, policies and procedures, and assisting in maintaining a safe work environment.

August 23, 2021_V2

Identification and Evaluation of COVID-19 Hazards

We will implement the following in our workplace:

- Conduct workplace-specific evaluations using the KTJUSD Facilities COVID-19 Checklist.
- Evaluate employees' potential workplace exposures to all persons at, or who may enter, our workplace.
- Review applicable orders and general and industry-specific guidance from the State of California, Cal/OSHA, and the local health department related to COVID-19 hazards and prevention.
- Evaluate existing COVID-19 prevention controls in our workplace and the need for different or additional controls.
- The KTJUSD Health and Safety Advisory Team will conduct initial and periodic walk throughs of KTJUSD sites/facilities using a COVID-19 Facility Checklist to ensure mitigation efforts are in place and being followed.

Employee participation

Employees and their authorized employees' representatives are encouraged to participate in the identification and evaluation of COVID-19 hazards. Employees are encouraged report their comments, concerns, and suggestions regarding the identification and evaluation of COVID-19 hazards to their direct supervisor, who will in turn report to either the Director of MTO, the SRO, or the Superintendent if unable to resolve the concern. CSEA and KTTA Union representation may be included in meetings mitigating COVID-19 hazards.

Employee screening

Each morning before employees report to work, they are asked to complete a self- health assessment at home. The self- assessment includes taking their temperature, conducting a COVID-19 symptoms review, and questionnaire. If the employee has a temperature, has any symptoms of COVID-19, or answers yes to any question on the COVID-19 questionnaire they are not permitted to work on site that day.

Once employees arrive at work, they must complete a health screening with their designated front office before they enter their workspace. The health screening includes temperature (non-touch thermometer), COVID-19 symptoms review and questionnaire. The results of the screenings are logged daily. The employee and screener are required to always wear an appropriate PPE.

Correction of COVID-19 Hazards

Unsafe or unhealthy work conditions, practices or procedures will be documented on the COVID-19 Facilities Checklist and corrected in a timely manner based on the severity of the hazards, as follows:

KTJUSD has an identified COVID-19 Health & Safety Advisory Team. The team will conduct periodic walk throughs of each site/facility, to advise and collaborate with Administrators, Managers, and school staff to ensure compliance of sites in accordance with the Health and Safety Protocols and COVID-19 mitigation efforts. Recommendation for COVID-19 hazard corrections will come directly from the data collected on the COVID Facilities Checklist generated from the walk throughs. Each site administrator will be given the COVID Facilities data sheet generated from their site visit. The site administrators will need to make immediate corrections, when practicable. The Health and Safety Advisory Team/member will communicate with the site supervisor to ensure the recommended corrections were made.

Control of COVID-19 Hazards

Face Coverings

- Employees are required to wear facial coverings at all times when working in enclosed spaces with others.
- Employees may remove facial coverings, if they are working in their own space by themselves
- Employees do not need to wear face coverings, if they are working outside and able to distance 6 feet from other individuals. Exception if employee is working with students, they must remain masked at all times.
- Masks with exhalation valves or vents are not allowed.
- If employees choose to wear personal face coverings, they must be washed or changed out daily with clean face coverings.
- If an employee does not have a facial covering they will be provided with a face mask.
- Employees are required to use facial coverings while riding in vehicles with other individuals.
- For employees who cannot wear face coverings due to a medical or mental health condition or disability, or who are hearing-impaired or communicating with a hearing-impaired person, alternatives will be considered on a case-by-case basis.
- Employees may remove their masks while eating and drinking at the workplace. Eat outdoors to the extent possible, if indoors, and outside air supply to the area should be maximized to the extent possible.
- Distancing is encouraged for all employees, and unvaccinated individuals must remain 6 feet from others in order to remove their masks.

Physical Distancing

- In accordance with California Department of Public Health, physical distancing is not required when other mitigation strategies are implemented (use of facial coverings, regular hand hygiene).
- Physical distancing attempts will be implemented when practicable.

Engineering controls

Facial covering and alternative and effective safety devices such as plexiglass barriers and/or face shields will be provided. If masks are unable to be worn due to an individual's disability, the time spent in proximity of less than six feet between individuals shall be minimized to the extent possible and limited to no more than 15 minutes cumulatively over a 24- hours period when practicable.

Ventilation

- All the new facilities are equipped with HVAC Systems designed to operate with continuous fan when the building is occupied.
- The units have MERV 8 and above filters installed, which are efficient at capturing airborne viruses.
- All the units bring in the minimum amount of outside air as required by the State of California. Most of the rooms get around 200 CFM of outside air brought into them.
- KTJUSD MTO Staff will change all filters routinely every 3 months or per manufacturer recommendations.
- Workspaces/classrooms do not contain central HVAC systems with the capabilities of air filtration are provided portable HEPA filtration system.
- When weather conditions allow, outdoor air flow will be increased by opening windows and doors.
- If an individual tests positive for COVID-19, the filters in all locations the positive individual occupied will be changed.

Cleaning and disinfecting

- At a minimum, KTJUSD will follow CDPH and CDC recommendations: *When no people with confirmed or suspected COVID-19 are known to have been in a space, cleaning once a day is usually enough to sufficiently remove virus that may be on surfaces and help maintain a healthy facility.*
- Staff will implement daily cleaning of their workspace, both upon arriving and leaving work.

- High-touch surfaces that require extra attention include, but are not limited to door handles, counters, computers, phones, copy machines etc.
- Staff will be provided with FDS/EPA/Cal OSHA approved cleaning products for their work area.
- Cleaning products are not to be used while children are present.
- Custodial staff will conduct their normal to increased daily cleaning of district facilities, using FDS, EP, CAL OSHA approved cleaning products for their work areas.
- District issued gloves, face shields, and gowns are made available to use during cleaning procedures.
- Should we have a COVID-19 case in our workplace, KTJUSD will follow CDPH guidance: *If a facility has had a sick person with COVID-19 within the last 24 hours, clean AND disinfect the spaces occupied by that person during that time.*

Hand sanitizing

District employees are required to follow the below hand hygiene protocols:

- Practice good hand hygiene.
- Wash your hands or use hand sanitizer upon entering district facilities.
- Wash your hands after touching your face, sneezing, coughing, and touching surfaces.
- Wash your hands every two hours on a regular schedule for 20 seconds.
- Frequent use of hand sanitizers is recommended.
- Hand sanitizer of at least 60% alcohol is provided by the district in all workspaces.
- District bathrooms contain soap, water, and paper towels.

Personal protective equipment (PPE) used to control employees' exposure to COVID-19

- District issued/provided PPE will be available to all staff. PPE will not be shared. District provided PPE equipment includes masks, gloves, gowns, face shields, plexiglass shields for staff and student workspaces.
- We evaluate the need for PPE (such as gloves, goggles, and face shields) as required by section 3380, and provide and ensure use of such PPE as needed.
- Upon request, we provide appropriate PPE for voluntary use to all employees who are not fully vaccinated and who are working indoors or in vehicles with more than one person.
- We provide and ensure use of respirators in compliance with section 5144 when deemed necessary by Cal/OSHA.
- We also provide and ensure use of eye and respiratory protection when employees are exposed to procedures that may aerosolize potentially infectious material such as saliva or respiratory tract fluids.

Testing of employees

Employees are required to provide proof of vaccination or weekly testing to the Administrative Assistant for Personnel Services. (Nena Hames, Ext. 1006). Employees may register with OptumServe to receive COVID-19 testing within Humboldt County. <http://lhi.care/covidtesting>. KTJUSD provides COVID-19 testing on a limited bases at school sites and at the District's Wellness Center in Hoopa. Vaccinated employees are encouraged to obtain regular COVID-19 testing, to identify and prevent the spread of the virus within the communities.

Investigating and Responding to COVID-19 Cases

- All employees are required to follow the protocols listed under illness Employee Return to Work Criteria.
- The District will do internal contact tracing, as well as collaborate with Humboldt County Public Health and local Tribal authorities.
- Employees who are COVID-19 positive or are close contacts will be subject to the Exclusion of COVID-19 Cases and Return to Work protocols described below and in the attached Cal/OSHA ETS.

Exclusion of COVID-19 Cases and Employees who had a Close Contact

Where we have a COVID-19 case or close contact in our workplace, we limit transmission by:

- Ensuring that COVID-19 cases are excluded from the workplace until our return-to-work requirements are met.
- Excluding employees that had a close contact from the workplace until our return-to-work criteria have been met

Please see Cal/OSHA Emergency Temporary Standard: Exclusion from Work/Return to Work (attached)

- Employees will be provided leave described in their Collective Bargaining Agreement and CA Ed Code.
- Employees maintain their earnings, seniority, and all other employee rights and benefits whenever the COVID-19 exposure is determined to be work related. Employer provided leave as agreed to in the Collective Bargaining Agreements or Worker's Compensation Benefits.
- At the time of exclusion, employees are provided with information on available benefits. Contact Nena Hames (nhames@ktjusd.k12.ca.us or Extension 1006).

Employee Return to Work Criteria:

Please see Cal/OSHA Emergency Temporary Standard: Exclusion from Work/Return to Work (attached)

Reporting, Recordkeeping, and Access

It is our policy to:

- Report information about COVID-19 cases and outbreaks at our workplace to the local health department whenever required by law, and provide any related information requested by the local health department.
- Maintain records of the steps taken to implement our written COVID-19 Prevention Program in accordance with CCR Title 8 section 3203(b).
- Make our written COVID-19 Prevention Program available at the workplace to employees, authorized employee representatives, and to representatives of Cal/OSHA immediately upon request.
- Keep a record of and track all COVID-19 cases.
- KTJUSD keeps up to date and accurate records of all employees on campus daily. Contact Tracing is completed in the event of a COVID-19 positive case and exposure occurs in one of our facilities. Humboldt County Public Health and Tribal Governance Public Health Officers/Contact Tracing Teams are notified when applicable.

System for Communicating

Our goal is to ensure that we have effective two-way communication with our employees, in a form they can readily understand, and it includes the following information:

- Employees will report COVID-19 symptoms and possible hazards to their direct supervisor verbally or in writing. Employees' Personal Health Information is to be kept confidential and reported only to the District Superintendent and Administrative Assistant for Personnel.
- Employees may request testing through their supervisor or by directly contacting the Administrative Assistant for Personnel.
- Supervisors report concerns related to COVID-19 hazards to the MTO Director, School Resource Officer, or Superintendent
- Employees can report COVID-19 symptoms and hazards without fear of reprisal.
- Policies and procedures are in place for accommodating employees with medical or other conditions which put them at increased risk of severe COVID-19 illness.

Training and Instruction

The MTO Staff and/or Employees have been provided with the following trainings on COVID-19, COVID-19 cleaning procedures, and COVID-19 disinfecting supplies and will be documented using the COVID-19

Training Roster:

- Keenan COVID-19 Janitorial Cleaning Online Training
- Keenan IPM Integrated Pest Management
- Keenan IPM Integrated Pest Management for Teachers and Office Staff
- District COVID Screening Training
- Blood Borne Pathogen Training
- Site specific COVID-19 policy and procedure training.
- COVID-19 Vaccine PowerPoint emailed to all employees

Cleaning product Safety Data Sheets have been provided to district custodial staff.

New employee will be offered/provided COVID trainings at the beginning of the 2021-2022 school year.

Cal/OSHA Emergency Temporary Standards
Exclusion from Work/ Return to Work

Cal/OSHA ETS address the exclusion-from-work and return-to-work requirements in 8 C.C.R. § 3205 subdivisions (c)(9) and (c)(10). This chart summarizes how the standards apply to different situations with regard to vaccinated and unvaccinated employees:

<i>Exclusion requirements (see Cal/OSHA COVID-19 ETS, 8 C.C.R. § 3205 subdivisions (c)(9) and (c)(10))</i>		
Situation	Vaccinated employee	Unvaccinated employee
<u>Close contact</u> but no symptoms develop (“ <u>close contact</u> ” defined as being within 6 feet for total of 15 minutes within 24 hours of a COVID-19 case, regardless of mask use; “ <u>case</u> ” defined as determined to have COVID-19 by positive test or medical diagnosis)	No need to exclude as long as no symptoms.	Exclude from work until 10 days have passed since the last known close contact.
<u>Close contact</u> and COVID-19 symptoms	Exclude from work under rules for symptomatic COVID-19 case, that is, until: <ol style="list-style-type: none"> 1. At least 24 hours have passed since a fever of 100.4 degrees Fahrenheit or higher has resolved without the use of fever-reducing medications; and 2. COVID-19 symptoms have improved; and 3. At least 10 days have passed since COVID-19 symptoms first appeared. Or may return to work before meeting the above criteria if all of the following are met: <ol style="list-style-type: none"> 4. Negative test for COVID-19 using a polymerase chain reaction (PCR) COVID-19 test with specimen taken after the onset of symptoms; and 5. At least 10 days have passed since the last known close contact; and 6. Symptom-free for at least 24 hours, without using fever-reducing medications. 	
COVID-19 <u>case</u> and COVID-19 symptoms	Must be excluded from work until: <ol style="list-style-type: none"> 1. At least 24 hours have passed since a fever of 100.4 degrees Fahrenheit or higher has resolved without the use of fever-reducing medications; and 2. COVID-19 symptoms have improved; and 3. At least 10 days have passed since COVID-19 symptoms first appeared. 	
COVID-19 <u>case</u> but no symptoms develop (this means a positive test but individual remains asymptomatic)	Must be excluded from work until a minimum of 10 days have passed since the date of specimen collection of first positive Covid test.	

KTJUSD Health and Safety Protocols

TOP 3 PREVENTION MECHANISMS

WEAR A FACIAL COVERING
DISTANCE YOURSELF 6 FEET FROM OTHERS
WASH YOUR HANDS FREQUENTLY/USE HAND SANITIZER

Prior to leaving your home, do a health self-assessment. If you are ill or answer yes to any of the questions below, do not come to any KTJUSD campus/facility.

1. Temperature Check (100.4 oral thermometer, 99.1 no touch thermometer)
2. Symptoms Review (fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, runny nose, congestion, nausea, vomiting, or diarrhea).
3. Have you or a member of your household tested positive for COVID-19 in the last 14 days.
4. Have you or a member of your household been exposed to anyone who has tested positive for COVID-19 in the past 14 days.

Each morning staff will complete a health screening with the site secretary or designated individual.

Illness

If you become sick at work with symptoms of COVID-19, notify your supervisor via phone call or text and immediately go home. Contact your medical provider if you have concerns about your health.

If you become ill at home, stay home, and notify your supervisor. People with COVID-19 have a wide range of symptoms. Symptoms may appear 2-14 days after exposure to the virus. Contact your medical provider if you have concerns regarding your health.

Employees may have been exposed if they are a “close contact” of someone who is infected with COVID-19, which is defined as being within 6 feet of a person with COVID-19 for 15 minutes cumulatively within a 24-hour period. All other employees should self-monitor for symptoms such as fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, runny nose, congestion, nausea, vomiting, or diarrhea. If they develop symptoms, they should notify their supervisor and stay home.

KTJUSD adheres to the protocols developed by the Humboldt County Public Health. Our district's protocols will be updated with those of HCPH.

The following documents are published by the Humboldt County Office of Education in consultation with Humboldt County Public Health and are attached to this CPP:

COVID-19 Screening Flow Sheet
COVID-19 Positive Test in School
COVID-19 Exposure Screening Flow Sheet
Quarantine_Isolation After Testing

08.21.21

Student or Staff complains of COVID-19 or MIS-C[^] symptoms.

- ▶ Place surgical mask on student or staff
(unless they are having difficulty breathing, if so call 9-1-1).
- ▶ Test student or staff with rapid antigen testing (if available)
- ▶ Student: Place in a room or safe outdoor area away from others until parent/guardian can pick them up.

VERBAL

- ▶ When did symptoms appear?
- ▶ Recent COVID-19 exposure?

VISUAL

- ▶ Difficulty or rapid breathing (without recent physical activity)
- ▶ Extreme fussiness
- ▶ Coughing
- ▶ Other COVID-19 Signs or Symptoms

PHYSICAL

- ▶ Temp ≥ 100.4 F
- ▶ Positive antigen test

Verbal, Visual, & Physical concerns out of range?

**NO AND/OR
NEGATIVE TEST**

Allow to rest for 10 minutes

**NOT
IMPROVED**

IMPROVED
Back to class

YES OR POSITIVE TEST

Verbal/Visual

- ▶ Isolate
- ▶ Contact School Nurse
- ▶ Send home ASAP
- ▶ Contact Healthcare Provider

YES

Physical

CALL 9-1-1 (EMS) IF:

- ▶ Trouble Breathing
- ▶ Bluish Lips/Face
- ▶ Chest Pain
- ▶ New Confusion
- ▶ Unable to wake or stay awake

Follow-Up with Students/Family, Health Services Administrator

**Signs & symptoms
of COVID-19**

- ▶ Fever 100.4F
- ▶ Chills
- ▶ Nasal Congestion
- ▶ Runny nose
- ▶ Shortness of breath
- ▶ Difficulty breathing
- ▶ Diarrhea
- ▶ Nausea/Vomiting
- ▶ Fatigue
- ▶ Headache
- ▶ Muscle or body aches
- ▶ New loss of taste or smell

**Signs & symptoms
of MIS-C[^]**

- ▶ Rash
- ▶ Red eyes
- ▶ Cracked/swollen lips
- ▶ Red/swollen tongue
- ▶ Swelling hands/feet
- ▶ Stomach pain
- ▶ Poor appetite or feeding

[^]MIS-C: Multisystem inflammatory syndrome in children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.

A COVID-positive person in supervised K-12 setting should isolate for 10 days.

Did the person expose anyone else at school?

(Was the person within 6 feet of anyone else for > 15 minutes over a 24-hour period within 48 hours before symptom onset or positive test?)

YES

NO

Exposed person is not a student
Is the exposed person vaccinated?

Exposed person is a student
Is the exposed student vaccinated?

There are no close contacts
who need to quarantine

YES

NO

YES

NO

Is the exposed person
symptomatic?

**10-Day
Quarantine**

No quarantine; Test at day 3-5
after exposure

Were both the positive person and
exposed student wearing masks
during the exposure?

YES

NO

YES

NO

**Exclude from campus. Test
at day 3-5 after exposure,
may return if negative test
and symptoms resolving***

**No quarantine; Test at
day 3-5 and monitor
for symptoms.**

**Modified Quarantine: exposed student may continue in-
person instruction only and must test 2x per week for 10
days[^]; no sports, community or extracurricular activities
until end of quarantine. (May shorten quarantine to 7
days if negative test after 5th day after exposure.)**

**Exposed student 10-day quarantine
if untested; may shorten quarantine
to 7 days if negative test after 5th
day after exposure.**

NOTE: PCR test is preferred, but antigen tests are acceptable.

[^] = Recommended cadence is immediately after learning of exposure, then every three days after that.

Quarantine guidance: <https://humboldt.gov/2831/Isolation-and-Quarantine-Orders>

*See CDC Website: Staying Home when Sick and Getting Tested

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html#staying-home>

Student or staff share they have been exposed/in close contact (within 6 feet for 15 minutes or greater) OUTSIDE OF SCHOOL SETTING with:

Someone being tested for COVID-19

Someone who has tested positive for COVID-19

Someone who has been in close contact with someone who may have been exposed to COVID-19

STUDENT/STAFF SHOULD:

- ▶ If vaccinated: monitor for symptoms
- ▶ If not vaccinated: Quarantine pending results of Covid-19 test

STUDENT/STAFF SHOULD:

- ▶ Practice physical distancing.
- ▶ Wash hands frequently
- ▶ Wear a mask
- ▶ Continue self check for COVID-19 symptoms

CONTACT TESTS NEGATIVE:

- ▶ If negative unvaccinated student staff may return to school/work

CONTACT TESTS POSITIVE

STUDENT/STAFF ACTIONS:

If vaccinated without symptoms: Monitor for Symptoms

If unvaccinated or vaccinated with symptoms:

- ▶ Student/Staff who were exposed must be excluded for **10 days after** the last known exposure, **with or without testing**, provided that such employees, **between days 10 and 14**, wear face coverings at all times, stay at least 6 feet from others, and immediately self-isolate if any symptoms appear.
- ▶ Expect contact from public health
- ▶ Persons up to age 18 are recommended to test between day 7 and 10 of quarantine
- ▶ Self-Check for symptoms of COVID-19.
- ▶ If symptoms develop contact public health and health care provider

Health Care Providers May Include:

- ▶ Physician or Surgeon
- ▶ Physician's Assistant
- ▶ Nurse Practitioner
- ▶ Public Health Nurse

I just found out I'm COVID-19 POSITIVE (regardless of vaccination status):

- ▶ Self-isolate at home for 10-14 days (see below).
- ▶ Avoid infecting others.

- ▶ An employee who tested positive **and has symptoms** may not return to work until all of the following "return to work" criteria have been met: **10 days have passed** from the first symptoms; COVID-19 symptoms **have improved**; and **at least 24 hours** since a fever of 100.4 or higher resolved.
- ▶ Any person who tested positive and **does not have symptoms, regardless of vaccination status**, may not return to work until 10 days after the positive test.

After Your COVID-19 Test

Continue to monitor your health, and take steps to protect yourself and others. Next steps depend on your situation. Seek medical attention if your condition is worsening.



▶ While waiting for your test results:

If a medical professional identified you as a CLOSE CONTACT* of a KNOWN POSITIVE or you were notified recently by a KNOWN POSITIVE that you were a CLOSE CONTACT and you are not fully vaccinated: Follow QUARANTINE procedures and stay home for at least 10 days from the date of your exposure even if you do not have symptoms. Do not get retested during your quarantine period unless instructed to do so by a medical professional. A negative test does not lessen the quarantine time. If you are a health care worker or first responder, please inform your employer.

If you are a CLOSE CONTACT* of a KNOWN POSITIVE and are fully vaccinated and not experiencing symptoms: test day 3-5 after exposure, wear a mask indoors in public for 14 days following exposure or until your test result is negative.

If you have symptoms, stay home and await test results, except to get medical care. Follow ISOLATION procedures until you receive your results, in case you have been infected.

If you were tested for routine surveillance, work, travel or medical clearance, you can return to normal activity and continue to minimize your interactions with others until you get your results.

*CLOSE CONTACT: being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over 24 hours during infectious period.



▶ After you receive your results:

If you test positive, stay home, follow ISOLATION procedures and call the COVID Community Information Line at 707-441-5000 for more information.

If you test negative and were identified as a CLOSE CONTACT and are not fully vaccinated, follow QUARANTINE procedures. You could still become infected. Do not get retested. It puts health care staff at risk and will not shorten your QUARANTINE time. If symptoms develop, contact your care provider or call the COVID Community Information Line at 707-441-5000.

If you test negative and were identified as a CLOSE CONTACT and are fully vaccinated, monitor for symptoms. If you develop symptoms within 14 days of your exposure, follow ISOLATION procedures and contact your care provider or call the COVID Community Information Line at 707-441-5000.

If you test negative and were not identified as a CLOSE CONTACT, you probably were not infected at the time your sample was collected. Continue to follow all COVID-19 safety measures. If symptoms develop, contact your care provider or call the COVID Community Information Line at 707-441-5000.



▶ How you will be notified:

Ask the testing site how you will be notified of your results. Not all sites notify if results are negative. If you are not contacted within seven days, call the location where you were tested. If you were tested through Humboldt County Public Health, call the COVID Community Information Line at 707-441-5000.

Continue to practice physical distancing, wear a face covering outside the house and practice proper hygiene, including washing your hands.



▶ Quarantine vs Isolation:

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

- If you had close contact with a person who has COVID-19 and are not fully vaccinated:
 - Stay home until 10-14 days after your last contact (14 days is safest to prevent spread of the infection to others)
 - Check your temperature twice a day and watch for symptoms of COVID-19
 - If possible, stay away from people who are at higher risk for getting very sick from COVID-19.
- If you had close contact with a person who has COVID-19 and are fully vaccinated:
 - Get tested 3-5 days after exposure
 - Wear a mask indoors in public for 14 days following exposure or until your test result is negative
 - Monitor for symptoms. If symptoms develop, contact your care provider or call the COVID Community Information Line at 707-441-5000.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

- If you are sick and think or know you have COVID-19, stay home until after:
 - At least 10 days since symptoms first appeared and
 - At least 24 hours with no fever without fever-reducing medication and
 - Symptoms have improved.
- If you tested positive for COVID-19 but do not have symptoms, stay home until after:
 - 10 days have passed since your positive test.
- If you live with others:
 - Stay in a specific “sick room” or area
 - Stay away from other people or animals, including pets
 - Use a separate bathroom, if available.

**If you have questions, call the COVID Community Information Line at
707-441-5000.**

**Guidance on how to isolate or quarantine at home can be found at
[humboldt.gov/blanketorders](https://www.humboldt.gov/blanketorders).**