



COUNTY OF YOLO

Health and Human Services Agency

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HEALTH ALERT

Date: January 18, 2024

To: Yolo County Adult and Senior Care Facilities Licensed by California Department of Social Services (CDSS)

From: Aimee Sisson, MD, MPH, Yolo County Public Health Officer

Subject: COVID-19 Isolation Recommendations

On January 9, 2024, the California Department of Public Health (CDPH) updated its [COVID-19 Isolation Guidance](#) for the general public. The updated CDPH guidance moves to a symptom-based isolation period and away from a minimum 5-day isolation period, allowing persons with COVID-19 to end isolation when they have been without fever for 24 hours and their symptoms are mild and improving, and recommending that they wear a mask indoors around others for 10 days. This means that asymptomatic persons with a COVID-19 infection do not have to isolate at all, even though they may be infectious. In addition, the updated CDPH guidance no longer recommends testing of all close contacts, and now recommends testing of symptomatic close contacts, contacts at high risk of severe disease, and those who come into contact with persons at high risk of severe disease.

CDSS [PIN 23-07-ASC](#), dated April 6, 2023, directed facilities to follow CDPH's Guidance on Isolation and Quarantine of the General Public for persons in care. As such, CDSS-licensed facilities would be able to follow the updated CDPH guidance outlined above.

However, as Yolo County Health Officer, **I strongly recommend that CDSS-licensed adult and senior care facilities in Yolo County continue to follow the prior isolation guidance for the general public, along with prior testing recommendations.** Yolo County adult and senior care facilities are experiencing a large number of COVID-19 outbreaks this fall and winter, with several residents hospitalized and at least one death. With wastewater levels of the SARS-CoV-2 virus that causes COVID-19 still moderate, the risk of COVID-19 outbreaks continues. Because residents of adult and senior care facilities tend to be at higher risk for severe COVID-19 disease when infected, it is prudent to continue to take precautions to protect persons in care against COVID-19.

Davis

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Davis, CA 95616
Mental Health (530) 757-5530

West Sacramento

500 Jefferson Boulevard
West Sacramento, CA 95605
Service Center (916) 375-6200
Mental Health (916) 375-6350
Public Health (916) 375-6380

Winters

111 East Grant Avenue
Winters, CA 95694
Service Center (530) 406-4444

Woodland

25 & 137 N. Cottonwood Street
Woodland, CA 95695
Service Center (530) 661-2750
Mental Health (530) 666-8630
Public Health (530) 666-8645

The prior COVID-19 isolation and testing guidance that I strongly recommend your facilities continue to use is as follows:

- Residents and staff testing positive should isolate until 5 days have passed from onset of symptoms (or positive COVID test if no symptoms) AND they are fever-free for 24 hours (without use of fever-reducing medications) AND their symptoms are mild and improving;
- Residents and staff who have tested positive for COVID-19 should wear a mask indoors around others for 10 days following onset of symptoms (or positive COVID test if no symptoms);
- When your facility is not in an outbreak, residents and staff who are close contacts of a person with COVID-19 should test within 3-5 days of their last exposure and should wear a mask for 10 days after their last exposure;
- When your facility is in an outbreak and you are using the Contact Tracing approach, test all close contacts on days 1, 3, and 5 after their exposure;
- When your facility is in an outbreak and you are using the Broad-Based Testing approach, test all residents and staff on the affected unit on days 1, 3, and 5 after their exposure, and if additional cases are identified continue to test every 3 days (if using antigen tests) until there are no new cases for 14 days.

When COVID-19 activity decreases and remains at lower levels, I will notify your facilities that it would be appropriate to switch to the updated CDPH guidance.

If you have any questions about this Memo, please contact Betsie Cialino at betsie.cialino@yolocounty.org or (530) 902-6527.

Thank you for your consideration of these recommendations to better protect residents in your facility's care.