

## **Sacramento County Statement on Mitigation Strategy**

To minimize adverse health consequences and economic impact from COVID-19, the Sacramento County Public Health Officer and public health officials recommend a more effective “mitigation” strategy to address the virus county-wide.

The new approach is important because it shifts the focus from “contact-tracing” – the process of identifying every person a known COVID-19 infected person has had contact with since they contracted the virus – to protecting the most vulnerable populations by minimizing their exposure to the virus. We will continue to follow CDC/CDPH guidelines on contact tracing. **Important to note too is that this decision will free up public health resources to protect the most vulnerable populations.**

High risk populations:

- Elderly, namely those 70 or older
- People with underlying medical conditions such as diabetes, kidney disease, COPD, heart, lung or other respiratory conditions; and
- Those who have compromised immune systems

These new measures will include ending 14-day quarantines simply based on contact exposure, and they apply to the general public, as well as health care workers and first responders.

Sacramento County’s mitigation strategy now hinges on **whether a person is showing symptoms or not.**

- If a person does not have symptoms, they do not need to quarantine.
- If a person is showing symptoms – fever, cough, shortness of breath, they are advised to self-quarantine at home until they are no longer showing symptoms.
- Those who are high risk with symptoms should contact their doctor
- Those who are severely ill should go to the hospital.

Testing:

- County Public Health still has 20 test kits to use per day – reserved for hospitalized patients and health care workers with known exposure
- Private laboratories should be open for testing within the week – patients will need a doctor referral to get tested.
- However, there is minimum value in testing people who have no symptoms, since treatment is only based on symptoms

Preventing the spread of COVID-19:

- If you are feeling ill, with any symptoms, stay home from work or school until free of symptoms **a minimum of seven days from the start of symptoms**

- Maintain social distance – at least six feet - and avoid handshakes or hugs.
- If you or your child have a fever or cough, do not visit elderly family members.
- If you are elderly, or in the high risk category, avoid going into public spaces or hosting visitors.
- If you are 70 years old or older, and/or if you have an underlying chronic medical condition or compromised immune system (see explanation above), you should avoid large gatherings such as conferences, social meetings, and/or sporting and entertainment events for example, basketball games and concerts.

#### When to see a doctor:

- Those with cold-like symptoms who can manage their symptoms at home with over-the-counter medications should do so, regardless of whether they have a cold, the flu, or COVID-19.
- If you develop any difficulty breathing with fever or cough, contact your health care provider right away or call 911 if you feel you are in imminent danger.

#### Other best practices:

- Employers should reaffirm with employees that they need to stay home if sick. Where appropriate and feasible, employers may also recommend teleworking to employees.
- Masks are only recommended for sick persons to wear in an effort to avoid spreading germs into the air.
- Masks are not recommended for healthy persons, as they require face touching and they will not stop the contact of germs unless fitted properly by a professional.