

Sacramento County Statement on Mitigation Strategy

To minimize deaths and economic impact from COVID-19, the Sacramento County Public Health Officer and public health officials have recommended to move Sacramento County into mitigation of the virus due to its dissemination county-wide.

The distinction is important because it shifts the focus from labor-intensive “contact-tracing” – the process of identifying every person a known COVID-19 infected person has had contact with since they contracted the virus, to trying to protect the most vulnerable populations from contracting the virus. **This decision will free up public health resources to protect the most vulnerable populations.**

High risk populations:

- Elderly, namely those 60 or older
- People with underlying medical conditions such as COPD, heart, lung or kidney disease, other respiratory conditions; and
- Those that have compromised immune systems

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

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 that are high risk with symptoms should contact their doctor
- Those 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 for 72 hours or after seven days from the start of symptoms, whichever is longer

- 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

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 will not stop the contact of germs unless fitting by a professional.