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.