



REVISED Reminder regarding the Governor's Order: Stay at Home

Date: June 2, 2020

From: Andrew Woodruff, Public Health Director

On March 19, 2020, in order to preserve public health and safety, and to ensure the healthcare delivery system is capable of serving all persons with COVID-19, the Governor of the State of California issued an executive order for all individuals living in the state of California to stay at home or in their place of residence. Plumas County is currently in Stage 2 of re-opening and was approved for variance in order to move more quickly through Stage 2. We are currently in the process of moving into Stage 3. Plumas County can open a sector once the State has issued guidance for how that sector can reopen. The local Health Officer will determine if it is safe to move forward. If the state has not release guidance for a sector, then that sector cannot yet open.

Every person in Plumas County can leave their residence for the following reasons:

- You are an essential part of the workforce and are being asked to work. Guidance about essential employees has been provided by the state <https://covid19.ca.gov/stay-home-exceptions-for-essential-needs/>.
- To get necessary supplies, including food and medical care. If you are high risk (65+, or living with a chronic health condition), please seek assistance in getting essential needs met. Call 283-6400 if you need help.
- Go outside for fresh air or to recreate. Please remain socially distanced from others by staying at least 6 feet away from those not in your household.
- California Public Health Officer issued a statement that people should recreate "close to home" and not travel significant distances.

Travel Into and Out of Plumas County

Any travel outside your home, carries some risk you may become infected or you could unknowingly bring the virus back home with you. Longer trips and trips to places where COVID-19 infections are active carry higher risks. To reduce these risks, it is important to not travel significant distances and practice hand washing and physical distancing and, wear face coverings in public places.

Self-Quarantine

Self-quarantine means staying at home and avoiding contact with others to prevent spreading COVID-19. Anyone who travels outside the county can choose to self-quarantine for 14 days upon return. Two week quarantine provides enough time to know whether or not you will become ill and be contagious to other people, and limits your contact with others if you are infected but experience no symptoms.

There are some important factors to determine if you should self-quarantine.

- Travel to COVID-19 hot spots: If there are cases of COVID-19 identified in an area then it increases your risk to visit that area. For international information about cases, visit the [CDC](#). For travel within the United States visit the [Johns Hopkins Coronavirus Resource Center](#). If you have traveled within California, visit the [Plumas County website](#) and scroll down to the map of California. If you need help accessing this information, call 283-6400.
- Contact with a known COVID-19 case: If you have close contact with a person who has tested positive for COVID-19, you will be asked to quarantine and a health care worker will be in touch with you about screening and monitoring for disease. This will reduce the chance of spreading the virus throughout the community.

Participating in physical distancing is our responsibility to one another and will save lives.

Participating in physical distancing will help ensure our critical access hospitals have the resources to take care of all patients.

For additional information, please visit Plumas County website: www.plumascounty.us or call 530-283-6400 or send e-mail to COVID19@countyofplumas.com