



# COUNTY OF MONTEREY HEALTH DEPARTMENT

Elsa Jimenez, Director of Health

Administration  
Behavioral Health

Clinic Services  
Emergency Medical Services  
Environmental Health/Animal Services

Public Health  
Public Administrator/Public Guardian

*Nationally Accredited for Providing Quality Health Services*

## Health Advisory

August 21, 2020

**From:** Edward L. Moreno, MD, MPH  
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### Updated 2019 Novel Coronavirus Disease (COVID-19) Guidance for Businesses

#### ***Current Situation***

Widespread community transmission is occurring in most areas of California including Monterey County. As of August 18, cases of COVID-19 have been reported in all areas of Monterey County and in all demographic groups. Monterey County is currently on the California Department of Public Health's (CDPH's) County Monitoring List (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19CountyMonitoringOverview.aspx>), which places additional restriction on how industry sectors may operate.

#### ***Recommendations***

The Monterey County Health Department recommends that all business and industry sectors:

- Continue to institute prevention practices.
  - Provide paid sick leave or linkage to programs for paid leave (<https://www.dir.ca.gov/dlse/FAQ-for-PSL.html>).
  - Conduct daily employee symptom screening.
  - Instruct employees with symptoms or diagnosis of COVID-19 to stay home.
  - Design workspaces to maximize social distancing and keep employees and customers at least 6 feet apart whenever possible.
  - Require face coverings when in public and shared spaces ([https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings\\_06-18-2020.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf)).
- Identify and manage exposures.
  - Review and understand California Department of Public Health (CDPH) Guidance for Responding to COVID-19 in the Workplace

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**Health Alert:** Warrants immediate action or attention. **Health Advisory:** Provides information for a specific incident or situation; may not require immediate action. **Health Update:** Provides updated information regarding an incident or situation; unlikely to require immediate action.

(<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Employer-Guidance.aspx>).

- Identify and notify all employees who were in close contact (within 6 feet for 15 minutes or more) with staff while they were infectious.
- Refer employees who wish to be tested to their primary care provider or a community testing site (<https://www.co.monterey.ca.us/government/departments-and-health/diseases/2019-novel-coronavirus-2019-ncov/2019-novel-coronavirus-2019-ncov-testing-treatment-care>).
- Use CDPH guidance to determine when exposed and ill employees should return to work. (<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Employer-Guidance.aspx>).
  - A negative test should **not** be required to return to work. Individuals may test positive for weeks after they are no longer infectious.
- If an employer requires off-work or return-to-work notes, advise employees to obtain work notes from their primary care provider or their diagnosing/testing provider.
  - Monterey County Health Department will no longer be issuing return to work notes.
- Report suspected outbreaks (3 or more cases within 14 days) to the Monterey County Health Department by calling the Monterey County Health Department's COVID19 Call Center at 831-769-8700.

### ***Additional Information***

- CDC Business and Workplace Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>
- CDPH Industry Sector-Specific Guidance for Opening: <https://covid19.ca.gov/industry-guidance/>
- CalOSHA Statewide Industry Guidance on COVID-19: <https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>
- Monterey County Health Department Workplace Exposure Guidance: <https://www.co.monterey.ca.us/home/showdocument?id=90872>
- Monterey County Health Department COVID-19 website: [www.mtyhd.org](http://www.mtyhd.org)



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As of August 18, 2020, Monterey County Health Department (MCHD) is no longer providing individualized clearance letters for returning to work following COVID-19 infection or exposure. Employee should obtain a return to work note from their primary care provider or from the facility at which they were diagnosed. Alternatively, employees should self-attest that they meet the Centers for Disease Control and Prevention’s (CDC’s) criteria for returning to work using the form below. Re-testing for individuals known to be positive for COVID-19 is **not** recommended for determining when an employee can return to work.

Sincerely,

Edward L. Moreno, MD, MPH  
Health Officer and Director of Public Health

First responders and healthcare workers should follow their workplace protocol for return to work following exposure to or infection with COVID-19. All other workers should use the following criteria for returning to work following COVID-19 infection:

- Persons with symptoms\* may return to work:
  - 10 days after symptoms first appeared, AND
  - 3 days of improvement in symptoms, AND
  - 24 hours without fever and use of fever-reducing medications.
- Persons without symptoms\* may return to work:
  - 10 days after specimen collection date of first positive COVID-19 laboratory test.

Workers should use the following criteria for returning to work following exposure to COVID-19 (contact with a case):

- Persons without symptoms\* and a negative or no COVID-19 test result may return to work:
  - 14 days after last exposure to infectious person.

I, \_\_\_\_\_, verify that I have met the CDC’s criteria as listed above for returning to work.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*\*Symptoms of COVID-9 may include cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, vomiting, diarrhea, headache, and new loss of taste or smell.*