



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES
3851 ROSECANS STREET, MAIL STOP P-578
SAN DIEGO, CA 92110-3134
(619) 531-5800 • FAX (619) 542-4186

WILMA J. WOOTEN, M.D., M.P.H.
PUBLIC HEALTH OFFICER

May 9, 2020

TO: Community Clinics
Emergency Medical Services Hospitals
Healthcare Providers
Homeless Housing Providers
Pharmacies

FROM: Wilma J. Wooten, M.D., M.P.H.,
Public Health Officer & Director, Public Health Services

RE: UPDATED ISOLATION GUIDANCE PER CDC GUIDELINES AS APPLIED TO TEMPORARY LODGING FOR PERSONS REQUIRING ISOLATION FOR COVID-19

This letter is an updated version of the letter issued on April 9, 2020 to reflect the extended isolation period needed due to evidence of prolonged viral shedding as per the Centers for Disease Control and Prevention (CDC). See [CAHAN #15](#) for additional information regarding updated CDC guidance.

This letter is to provide direction for accessing temporary lodging for persons requiring isolation for the novel coronavirus disease 2019 (COVID-19). In accordance with directives from the Public Health Officer for the County of San Diego, individuals identified to have COVID-19 with lab confirmation or based on clinical diagnosis or suspicion must be placed in isolation and can be released when they meet ALL criteria below in accordance with [CDC guidelines](#) (symptom-based strategy) or two consecutive negative polymerase chain reaction (PCR) tests ≥ 24 hours apart (test-based strategy):

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications; **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**
- At least 10 days have passed *since symptoms first appeared*.

(Please note that if an individual has tested positive without any symptoms and continues to remain asymptomatic, then they need to be isolated for 10 days after their positive test as per CDC's time-based strategy.)

The County of San Diego has secured private rooms and meal plans at hotels around the County for pre-screened individuals requiring isolation. If needed, transportation can also be provided from your facility to the lodging site.

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To reduce transmission of COVID-19, the individual must be transported DIRECTLY to the hotel. It is important to communicate to the individual that they are required by the County Public Health Officer order to remain in their room until further notice.

A medical professional must evaluate the individual and determine if they are medically stable, can independently conduct acts of daily living, and need temporary lodging due to lack of permanent lodging or ability to isolate apart from others at their permanent lodging. If a person requires temporary lodging for isolation, please call (858) 715-2350 between 7:00 A.M. and 9:00 P.M., 7 days a week to speak with Care & Shelter staff as soon as possible. The intake screening process will include consultation with a Public Health Nurse. Candidates for placement must be able to independently conduct "Activities of Daily Living." Necessary accommodations for special needs such as dietary restrictions and allergies can be arranged with advance notice. If the person is being released from a hospital or clinic, prescriptions and/or over-the-counter medications must be provided before the person is transported. Please be advised that final discharge approval from isolation will be provided by County of San Diego's Public Health Services.

We are all in this together with one singular mission, to protect the public and prevent the spread of this virus. I want to emphasize that your decisive leadership, action, and support are essential, and your partnership is greatly appreciated. If your employees or patients have questions or concerns related to COVID-19, please encourage them to call 2-1-1 for general information.

For additional information about the outbreak and associated resources, please go to the coronavirus websites at [CDC](#), [California Department of Public Health](#), and the [County of San Diego](#). These links will provide the latest COVID-19 national, state, and local guidance and information. If you have any questions or concerns, please contact me at MOC.PHO.HHSA@sdcounty.ca.gov.

Thank you for your continued partnership and support to keep the residents of San Diego County healthy, safe, and thriving.

Sincerely,


WILMA J. WOOTEN, M.D., M.P.H.
Public Health Officer & Director,
Public Health Services

Cc: Helen Robbins-Meyer, County of San Diego, Chief Administrative Officer
Dean Arabatzis, County of San Diego, Health and Human Services Agency, Acting Director