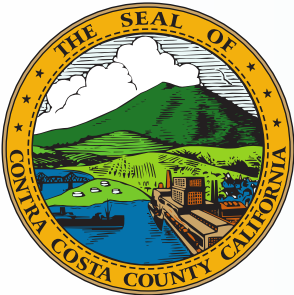


# Contra Costa County Employee COVID-19 Chronicle



DEPARTMENT OF  
RISK MANAGEMENT  
SAFETY AND  
LOSS CONTROL

## COUNTY CARES DURING COVID-19

### Quarantine Timelines Have Changed

An **isolation** period keeps someone who is ill with COVID-19 away from others. **Quarantine** keeps someone who is a close contact to a COVID-19 case away from others. These are measures to reduce the spread of COVID-19.

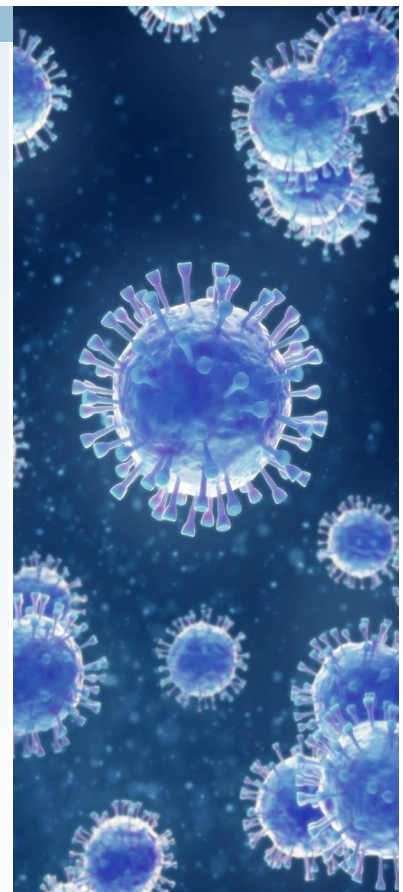
**Close Contact** is defined as being within six feet of someone with a case of COVID-19 (tested positive) for a cumulative total of 15 minutes starting 28 hours before they became ill / tested positive or living with someone who is a COVID-19 case. The best COVID-19 prevention practice is to maintain a distance of six feet from others, wear a face covering, wash your hands, and stay home if you are sick.

Keeping in alignment with new CDC guidelines and the California State Governor’s Executive Order, the County has updated the quarantine time periods for individuals with a close contact to 10 days if they are not a detention facility worker.

The new Decision Tree is available on the Risk Management intranet site: <https://www.insidecontracosta.org/667/4211/COVID-19-Resources>.

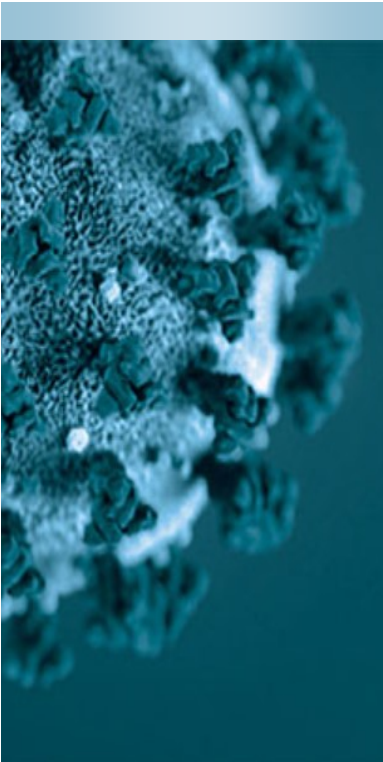
***Thank you for reading the County Cares COVID-19 Chronicle!***

If you have suggestions for content, please email Risk Management—Safety and Loss Control at [RiskmSafety@riskm.cccounty.us](mailto:RiskmSafety@riskm.cccounty.us).



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### If Someone You Met Tests Positive For COVID-19

If you find out that you have been in contact with someone who tests positive for COVID-19, quarantine at home for 10 days since your last exposure to that person (detention workers will quarantine for 14 days). Notify your Supervisor of the situation.

Monitor yourself for symptoms for a full 14 days. If you start to feel sick, contact your healthcare provider and let them know you are a contact to someone who has tested positive for COVID-19. If you do not have a healthcare provider, call the Contra Costa Health Services Advice Nurse at 1-877-661-6230, option 1.

People can spread COVID-19 without knowing that they are sick. Protect your family, friends, coworkers, and community. Prevent the spread of COVID-19 and consider testing, available at community testing sites throughout the county.

**More information:**

If You Are Sick: <https://www.coronavirus.cchealth.org/if-you-are-sick>

COVID-19 Testing: <https://www.coronavirus.cchealth.org/get-tested>

### Everyone plays a part in preventing the spread of COVID-19 Practice the 4 Pillars of COVID-19 Prevention



**Keep 6 Feet Apart**



**Cover Your Face**



**Wash Your Hands**



**Stay Home if Sick**



## County Launches New Notification System

As part of the County's COVID-19 Prevention Program, a new County-wide Employee Emergency Alert System is now in place to notify affected staff, their authorized labor representatives, independent contractors, and other Non-County employers when a positive COVID-19 case has been identified in a work area.

When there is knowledge of a positive case in a building, the County will research the dates, times, and exact locations that the individual was at the worksite and issue an Emergency Alert System notification with the details. Anyone in the affected work area 2 days prior to the positive test will receive a notification.

This notification will go to all of the individuals identified through the new building entry keycard screening process and the paper screening rosters that are used in buildings without card readers. An excerpt from an example alert is shown below.

This notification lets affected individuals know that they may have been exposed to the positive case. Individuals that were identified as close contacts to the COVID-19 case will receive a separate notification and further instructions. Strict confidentiality will be maintained in these communications; the identity of the COVID-19 case and potentially exposed will never be revealed.

It will be very important for all employees to read these notifications carefully and follow the instructions. Notified employees should continue to self-monitor for COVID-19 symptoms and continue to work. If you have any questions about these notifications, please notify your Supervisor or contact Risk Management at [RiskMSafety@Riskm.cccounty.us](mailto:RiskMSafety@Riskm.cccounty.us).

### Notification Information Includes:

- Details on the location and dates of the potential exposure
- COVID-19 related benefits related to sick leave and pay
- COVID-19 symptoms
- COVID-19 prevention methods
- Access to COVID-19 testing
- Facility disinfection and safety plan
- The County's COVID-19 Prevention Plan
- The County's anti-retaliation policy

### Alert!

**COVID-19 Notification**

**DATE**

To: Employees located at **LOCATION**

From: CCC Risk Management

Re: AB 685 Notification of Potential COVID-19 Exposure

Risk Management has been notified that an employee located at **LOCATION** in the Health Services Department has COVID-19. As an immediate response to protect our workforce's health and safety, we identified co-workers who may have been at the same worksite as the employee during the infectious period. In this case, the infectious period is **DATE PERIOD**

You are receiving this notice because you were at the same worksite during the infectious period. It does not mean that you have been exposed or that you were in close contact with the employee who was infected. According to the Centers for Disease Control and Prevention (CDC), the virus is spread primarily through respiratory droplets between people in close contact with one another, which is defined as within 6 feet for a cumulative total of 15 or more minutes during 24 hours.

If you were also in close contact with the employee infected, you will receive a separate communication from Risk Management.

# Feeling stressed about COVID-19? Your program is here to help.

As the coronavirus disease (COVID-19) spreads, many people are anxious about the uncertainty of what is happening. You may be wondering if the virus will impact your community and how you can protect yourself and your family.

It is normal to feel anxious and/or overwhelmed by COVID-19. Some people may be more vulnerable if they already have a health or generalized anxiety disorder. In either case, feeling stressed can affect your immune system and increase the risk of getting ill in general. That is why it is important to take steps to manage your anxiety and how you react to the situation.

Here are a few things you can do to help yourself:

1. **Seek health information from trusted resources** like the [U.S. Centers for Disease Control & Prevention \(CDC\)](#), [The World Health Organization](#) and your [State Departments of Health](#).
2. **Plan ahead to feel more in control.** Go food shopping and make contingency plans for work, childcare or travel if they become necessary.
3. **Take good care of yourself.** Wash your hands often, get plenty of rest and eat well. People infected by novel coronavirus tend to develop symptoms about five days after exposure, and almost always within two weeks.
4. **Put things into perspective.** Most people who contract COVID-19 recover. Of the 80,000 confirmed cases reported in China, “more than 70% have recovered and been discharged,” according to the World Health Organization. Those at the greatest risk are seniors and people with existing health conditions. The virus is highly contagious and there is no known treatment yet, but public health officials are working to contain the spread of it.
5. **Stay informed, but don’t overdo it.** The industry sometimes uses panic-inducing headlines. If you do consume media, do so thoughtfully and with a critical eye.

If you find that you are having difficulty managing stress, or if a household member is hypervigilant, obsessively reading about the crisis and worrying about the effects, remember you can call your program. You can speak with a clinical professional 24 hours a day, 7 days a week. All services are free and confidential.

Visit the member website for more information and to access Digital Cognitive Behavioral Therapy apps, including FearFighter® for anxiety, panic and phobia, RESTORE for sleep difficulty and insomnia and MoodCalmer® for depression.

Magellan Healthcare is here to provide you with compassionate and caring support and help you build your resilience so you can move forward with peace of mind.

## CCHealth.org

The Health Services Department is working diligently to serve the community during this health crisis. Their valuable services and information are also used to ensure safety for County employees! For access to the latest information and resources on COVID-19, visit [cchealth.org](http://cchealth.org).

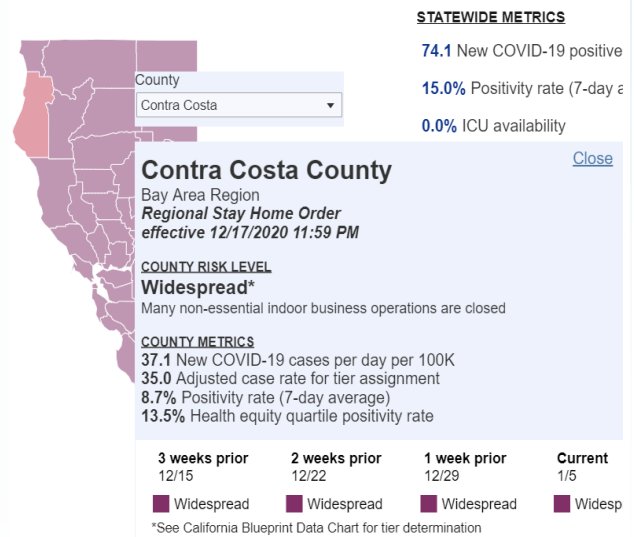


## Health Services Resources at Your Fingertips

As of January 5, 2021 the County remains in Tier 1 “purple” status indicating widespread transmission of COVID-19. The California Regional and Supplemental Stay Home Orders will remain in effect in order to slow the spread.

**Do what you can to stop the spread!**

For more information, see <https://www.coronavirus.cchealth.org/>



## Know Your COVID-19 Support Resources:

### HUMAN RESOURCES



#### COVID EMPLOYEE LEAVE INFORMATION INTRANET SITE:

<http://insidecontracosta.org/663/COVID-Employee-Leave>

### MAGELLAN EMPLOYEE ASSISTANCE PROGRAM



Launch from the County internet page (includes access to the monthly newsletters): <https://www.contracosta.ca.gov/1359/Employee-Assistance-Program>

Main Page: <https://www.magellanascend.com/>

COVID-19 Specific Resources: <https://magellanascend.com/Content/View/16954?ccid=hpZiwiTni%2FVKnrZqvUQNBxz4mAe1hQAJLSaF3bkQmLM%3D>

### MANAGED HEALTH NETWORK (MHN) EMPLOYEE ASSISTANCE PROGRAM



Fire and Sheriff Employees use the [Managed Health Network \(MHN\)](#) or call Phone: 800-227-1060.



#### Risk Management—Safety and Loss Control

Questions, resources, or safety concerns.

[RiskMSafety@riskm.cccounty.us](mailto:RiskMSafety@riskm.cccounty.us)