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**ORDER OF THE NEVADA COUNTY PUBLIC HEALTH OFFICER**

**SELF-QUARANTINE REQUIREMENTS FOR HOUSEHOLD CONTACTS, INTIMATE PARTNERS,  
CAREGIVERS AND CLOSE CONTACTS OF PERSONS WITH OR LIKELY TO HAVE COVID-19**

**Order of December 9, 2020 is rescinded**

**DATE OF ORDER: February 3, 2021**

This Order is in effect until rescinded in writing by the Nevada County Public Health Officer.

**SUMMARY OF FINDINGS AND ORDER**

COVID-19 ("Coronavirus") has become a global pandemic, resulting in more than one million confirmed cases and tens of thousands of confirmed deaths. As of February 3, 2021, 3,500 COVID-19 cases have been detected in Nevada County, with transmission expected to increase in frequency over the coming days and weeks. COVID-19 is easily transmitted between individuals who are in close proximity to one another, thereby creating a substantial danger to the health of the public within Nevada County. This threat has necessitated both a Proclamation of a State of Emergency by the Governor of the State of California and a Declaration of a Local Health Emergency by the Nevada County Public Health Officer ("Health Officer").

In order to help slow the transmission of COVID-19, and to protect the healthcare system in Nevada County from being overwhelmed, it is necessary for the Health Officer to require the self-quarantine of individuals exposed to a person diagnosed with or likely to have COVID-19. Quarantine serves to separate individuals who were exposed to COVID-19 from others until it is determined that they are no longer at risk for spreading the virus. This is the least restrictive and most appropriate measure to protect the residents of Nevada County from exposure to individuals who were exposed to COVID-19, especially those who are at heightened risk for serious illness, including older adults and individuals with weakened immune systems.

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120200, 120215, 120220, and 120225, THE PUBLIC HEALTH OFFICER FOR THE COUNTY OF NEVADA HEREBY ORDERS:

1. Self-quarantine is necessary if an individual has had close contact with a person who has:
  - i. A positive lab test for COVID-19 **OR**
  - ii. Signs and symptoms that are consistent with COVID-19 within 14-days of being in close contact with a person who had or was believed to have had COVID-19 **OR**
  - iii. Been informed by a Physician that they are likely to have COVID-19.
2. All close contacts with a person diagnosed with or likely to have COVID-19 while that person was symptomatic must quarantine themselves and comply fully with this Order and the Public Health guidance documents referenced herein.
3. A person is a close contact of a person with or likely to have COVID-19 if they:
  - (a) were within six (6) feet for more than 15 minutes cumulative over a 24-hour period **OR**
  - (b) had unprotected direct contact to secretions or excretions (e.g., sneeze or cough) of a person diagnosed with or likely to have COVID-19 while the person had symptoms or within 48 hours **BEFORE** symptoms began.

(c) Household members, intimate partners and caregivers (outside of a healthcare setting) of persons with or likely to have COVID-19 are considered to be close contacts if they were present while the person had symptoms or within 48 hours before symptoms began.

### Quarantine requirements

Close contacts must be quarantined in their home, another residence, or other location established by the Health Officer pursuant to Health and Safety Code section 120200, until 14 days from the last date that they were in contact with the symptomatic person with or likely to have COVID-19. If the individual subject to self-quarantine is housed by County personnel, or personnel of the City of Grass Valley, City of Nevada City, or Town of Truckee, in a hotel/motel, shelter, or another facility, such location shall serve as the individual's residence for the purposes of this self- quarantine order.

- a. Individuals are required to quarantine themselves for the entire 14-day COVID-19 incubation period because they are at high risk for developing and spreading COVID-19. Quarantined persons may not leave their place of quarantine or enter any other public or private place during the period of quarantine, except to receive necessary medical care.
  - b. The period of quarantine may be shortened to 10 days from the date of last exposure, as long as the person remains without symptoms and continues to self-monitor for COVID-19 symptoms through day 14 and if symptoms occur, immediately self-isolate and contact their healthcare provider or Nevada County Public Health and seek testing.
  - c. **Carefully review and follow all requirements listed in the “Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)”**  
[Home Quarantine English](#) [Home Quarantine Español](#) [Homecare English](#) [Homecare Español](#)
  - d. **If a quarantined person becomes sick with fever, cough, or shortness of breath (even if the symptoms are very mild), to protect others from COVID-19, they should isolate themselves at home and away from other people and follow the “Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection.”** [Isolation English](#) [Isolation Español](#)
4. The Health Officer may take additional action(s), as may be deemed necessary to enforce this Order in furtherance of the protection of the public's health, including but not limited to civil detentions or requiring individuals described by this Order to stay at a health facility or other location if violating or otherwise failing to comply with this Order. Failure to comply with this Order is a misdemeanor punishable under law by imprisonment, fine or both. (Health and Safety Code sections 120275 and 120295).
  5. To the extent necessary, pursuant to Health and Safety Code sections 120275 and 120295 and Penal Code section 19, the Health Officer requests that the Sheriff and all Chiefs of Police in the County ensure compliance with and enforcement of this Order.
  6. Copies of this Order shall promptly be: (1) made available at the County of Nevada's County Administrative Center located at 950 Maidu Ave., Nevada City, California 95959; (2) posted on the County of Nevada's Public Health website; and (3) provided to any member of the public requesting a copy of this Order.

**IT IS SO ORDERED:**



Dated: February 3, 2021

Scott Kellermann, M.D., MPH  
Public Health Officer  
County of Nevada



NEVADA COUNTY  
Public Health

## SUPPLEMENTAL GUIDANCE FOR PEOPLE WHO ARE FULLY VACCINATED

UPDATED JULY 27, 2021

**Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:**

1. You were **fully vaccinated** at the time of your recent contact (2 or more weeks had passed since you received the second dose of a 2-dose vaccine, or one dose of a single-dose vaccine); and
2. You have not had any symptoms since your contact.

Unless **both** above statements are true, you need to self-quarantine and get tested.

**Las personas que han sido vacunadas, si son un contacto cercano a alguien con COVID-19 confirmado o probable, no necesitan ponerse en cuarentena si cumplen con los siguientes criterios:**

1. Si Ud. estaba **completamente vacunado** durante su contacto reciente, (han pasado más de 2 semanas desde que recibió la segunda dosis de la vacuna Pfizer or Moderna o la única dosis de la vacuna J&J); y
2. No ha sentido ningún síntoma desde que estuvo en contacto.

Si las dos afirmaciones anteriores no son verdaderas, Ud. necesita ponerse en cuarentena y hacerse la prueba de COVID-19.



# Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

This guidance is for people who were in close contact with someone diagnosed with or suspected to have Coronavirus Disease 2019 (COVID-19).

*If you are a health care worker or first responder, please refer to guidance from your employer.*

## Why self-quarantine is important

You have been in close contact with someone who has or is suspected to have COVID-19 (“infected person”) and even though you feel well now, it is possible that you are also infected. It can take 2 – 14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You have been asked to self-quarantine (separate from others) in case you are infected so that you don’t pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

## Definition of close contact

The term “close contact” applies to all household members, intimate contacts, caregivers, and individuals with any of the following exposures to an “infected person” while they were infectious\*:

- Presence within 6 feet of the infected person for more than 15 minutes over 24 hours
- Unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment. Appropriate protective equipment means gloves and a facemask because cloth face coverings do not provide enough protection for an individual who is caring for a person with COVID-19.

\*An infected person is considered to be infectious from 48 hours before their symptoms first appeared (or from the date of their positive lab test if they did not have symptoms) until they are no longer required to be isolated.

## Length of quarantine period

- **You need to stay in quarantine. A 14-day quarantine is recommended, though asymptomatic close contacts may discontinue quarantine after Day 10 from when you last had close contact with the infectious person. All contacts released from quarantine before Day 14 must:**
  - **Self-monitor for COVID-19 symptoms through Day 14 and if symptoms occur, immediately self-isolate and contact their local public health department or healthcare provider and seek testing.**
  - **Adhere strictly to [all recommended non-pharmaceutical interventions](#), including consistent use of face coverings and maintaining a distance of at least 6 feet from others, through Day 14.**

The infectious person should follow the guidance that can be found in *Home Isolation Instructions for People with COVID-19*.

- If you continue to live with or care for the infected person, the amount of time you have to quarantine depends on the type of contact that you have - find the situation that is most like yours in the section “How do I calculate the end date of my quarantine period” at the end of this guidance.
- If you don’t know when you were exposed to the infectious person and you received a Public Health Emergency Quarantine Order, your last day of quarantine is 14 days from the date the order was issued.

## Testing for COVID-19



# Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

Testing is available for those without symptoms. See [mynevadacounty.com/2924/Coronavirus](https://mynevadacounty.com/2924/Coronavirus) for testing details and locations or call your doctor. If you have been tested and your test is negative, you still need to stay in quarantine for the full 14 days (see “*Length of quarantine period*” on page 1). If your test is positive, you need to follow the *Home Isolation Instructions for People with COVID-19*.

## Restrictions during quarantine

To prevent you from possibly spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public area. You may only leave your place of quarantine or enter another public or private place to get necessary medical care.
- Do not allow visitors.
- Separate yourself from others in your home.
  - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
  - Use a separate bathroom, if available.
  - Stay at least 6 feet away from others. When this is not possible, wear a cloth face cover (see cloth face coverings below).
- Do not handle pets or other animals.
- Do not prepare or serve food to others.

## Getting help with food and other necessities

- If you do not have someone to help you, you can arrange for food and other necessities to be left at your door. If you need help finding food or other necessities, dial 2-1-1 (1-833-342-5211).
- If you need to talk with a Public Health Nurse, please call 530-265-7258 and leave a message. Your call will be returned within one business day.

## Notifying work or school

If your workplace or school needs to know that you are in home quarantine you will need to tell them. Public Health will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others.

## Monitor your health and know what to do if you develop symptoms

- It is important to monitor your health for signs and symptoms of COVID-19 which may include the following: fever (100.4F), cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, vomiting or diarrhea or new loss of taste or smell. This list of symptoms is not all inclusive.
- If you develop any of these symptoms or any other symptoms that are concerning to you, consult your medical provider. Tell them that you are a contact to someone with COVID-19. To get a test for COVID-19, call your doctor or visit [mynevadacounty.com/2924/Coronavirus](https://mynevadacounty.com/2924/Coronavirus).
- It is particularly important that you let your doctor know if you are 65 years or older and/or have health problems such as a chronic disease or a weak immune system as you may be at higher risk of more serious illness.



# Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

- Make a note of when your symptoms started and continue to monitor your health and call your doctor if your symptoms get worse.
- If you develop fever, cough, shortness of breath, or your provider tells you that you are likely to have COVID-19, you will need to self-isolate - follow the guidance *Home Isolation Instructions for People with COVID-19*). This means staying home for at least 10 days from when your symptoms first appeared AND at least 24 hours after you have recovered. “Recovered” means that your fever has gone without the use of medications and your other symptoms (such as cough and shortness of breath) have improved.
- If you are having difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 911 or go to an emergency room.
- If you do have to go out for medical care:
  - Wear a surgical mask. If you don’t have one, wear a cloth face cover.
  - Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, wear a cloth face covering, if possible, and leave windows down. You should not use public transport.
- COVID-19 may be stressful for people, visit [mynevadacounty.com/2965/COVID-19-Resources-for-Managing-Mental-H](https://mynevadacounty.com/2965/COVID-19-Resources-for-Managing-Mental-H) to learn how to care for your mental health and support your loved ones. Consider reaching out to friends, family and support groups by phone, social media or video chat for emotional/mental health support. Also, if you need to speak with someone about your mental health, contact your doctor or the Nevada County 24-Hour Crisis Line at (530) 265-5811.

## Cloth face coverings

- Infants and children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. A mask or cloth face cover should not be placed on anyone who has trouble breathing or is unable to remove it without assistance. See [CDC’s Guidance for Cloth Facing Coverings](#) for more information.

## How to calculate when your quarantine period ends

You will need to stay in quarantine for 14 days from the date that you last had close contact with an infected person. See “*Length of quarantine period*” on page 1 for the definition of close contact and the examples below to learn how to calculate the last date in your quarantine period.

### I. YOU HAVE NO FURTHER CONTACT WITH THE INFECTED PERSON

- A. Your last day of quarantine is 14 days from the date when you last had close contact with them.

Example:





# Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

## II. YOU CONTINUE TO HAVE CONTACT WITH THE INFECTED PERSON

*For example, you live with and/or care for the person with COVID-19*

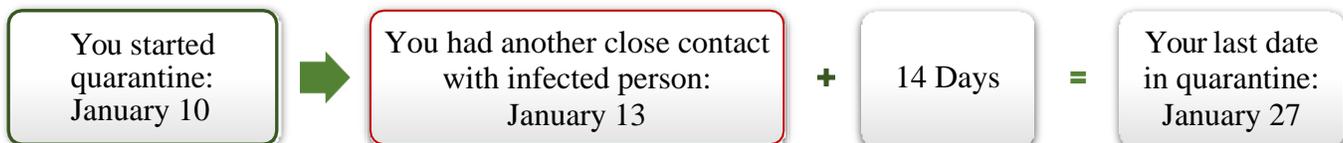
- A. If you can avoid close contact (see definition on page 1), your last day of quarantine is 14 days from the date the infected person(s) in your household started to follow *Home Isolation Instructions for People with COVID-19*.**

*Example:*



- B. If you have close contact (see definition on page 1) with that person at any point, the 14-day quarantine period will have to restart from the last day that you had close contact.**

*Example:*



- C. If you cannot avoid close contact (see definition on page 1), your last day of quarantine is 14 days from the date that the infected person was told that they are “cleared” to stop their isolation.**

*Example:*



## III. YOU RECEIVED A QUARANTINE ORDER BUT DON’T KNOW WHEN YOU WERE EXPOSED

- A. Your last day of quarantine is 14 days (see definition on page 1) from the date of issue on the Order.**

*Example:*



### Further information

Visit our website <https://www.mynevadacounty.com/2924/Coronavirus> or Dial 2-1-1 (1-833-342-5211) for more information and guidance. Please call your health care provider for any questions related to your health.

# COVID-19: Quarantine vs. Isolation

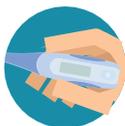
**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**If you had close contact with a person who has COVID-19**



- Stay home until
  - 14 days after your last contact, recommended OR
  - 10 days after your last contact, if you can
    - Wear a mask at all times
    - Stay at least 6 feet away from everyone
    - Self-monitor for COVID-19 symptoms through day 14



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



**If you are sick and think or know you have COVID-19**



- Stay home until after
  - 1 day with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared



**If you tested positive for COVID-19 but do not have symptoms**



- Stay home until after
  - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## For Emergencies Dial 911

### Nevada County COVID-19 Resource List

Resource Needed	Agency	Phone Contact	Website
<b>Testing</b>			
Eastern Region (Truckee) 10990 Donner Pass Rd, Truckee CA 96161	OptumServe	(888) 634-1123	<a href="https://lhi.care/covidtesting">https://lhi.care/covidtesting</a>
Video for Children on the Procedure			<a href="https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405">https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405</a>
Apple/CDC Screening			<a href="https://www.apple.com/covid19/">https://www.apple.com/covid19/</a>
COVID Home Testing			<a href="https://www.goodrx.com/blog/coronavirus-at-home-tests/">https://www.goodrx.com/blog/coronavirus-at-home-tests/</a>
Western Region: 231 Colfax Ave., Grass Valley, CA 95945	OptumServe	(888) 634-1123	<a href="https://lhi.care/covidtesting">https://lhi.care/covidtesting</a>
<b>COVID Vaccinations</b>			
	Nevada County-Tiers		<a href="https://www.mynevadacounty.com/3172/Vaccine-Schedule">https://www.mynevadacounty.com/3172/Vaccine-Schedule</a>
	Centers for Disease Control: Facts about Covid Vaccination		<a href="https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fvaccine-benefits%2Ffacts.html">https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fvaccine-benefits%2Ffacts.html</a>
<b>Home Disinfecting</b>			
	Nevada County Health Department COVID-Kits	(530) 470-2502	
	Centers for Disease Control Cleaning instructions	NA	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html</a>
<b>Quarantine and Isolation</b>			

## For Emergencies Dial 911

### Nevada County COVID-19 Resource List

Resource Needed	Agency	Phone Contact	Website
	Nevada County Health Department	NA	<a href="https://www.mynevadacounty.com/Search?searchPhrase=COVID%20Home%20Quarantine%205.14.2020&amp;pageNumber=1&amp;perPage=10&amp;departmentId=-1">https://www.mynevadacounty.com/Search?searchPhrase=COVID%20Home%20Quarantine%205.14.2020&amp;pageNumber=1&amp;perPage=10&amp;departmentId=-1</a>
	Centers for Disease Control	NA	<a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html</a>
<b>Hospitals</b>			
	Sierra Nevada Memorial Hospital	(530) 274-6000	<a href="https://www.dignityhealth.org/coronavirus-disease-2019">https://www.dignityhealth.org/coronavirus-disease-2019</a>
	Tahoe Forest Hospital-COVID Hotline	(530) 582-3450	<a href="https://www.tfhd.com/covid">https://www.tfhd.com/covid</a>
<b>Clinics</b>			
	Chapa-de Indian Health Inc.	GV: (530) 477-8545 Aub: (530) 887-2810	<a href="https://chapa-de.org/">https://chapa-de.org/</a>
	Dignity Health Medical Group	ER: (844) 880-4815 Ambul: (530) 274-6626	<a href="https://locations.dignityhealth.org/dignity-health-medical-group-sierra-nevada">https://locations.dignityhealth.org/dignity-health-medical-group-sierra-nevada</a>
	Sierra Family Clinic (NSJ)	(530) 292-3478	<a href="https://www.sierraclinic.org/">https://www.sierraclinic.org/</a>
	Western Sierra Medical Clinic	(530) 274-9762	<a href="https://wsmcmed.org/">https://wsmcmed.org/</a>
	Yuba Docs Urgent Care	(530) 274-5020	NA
<b>Medical Information Helplines</b>			
	Anthem Nurse Line 24/7	(800) 224-0336	
	Blue Shield of CA Nurse Line 24/7	(877) 304-0504	
	Medi-Nurse Call Line for COVID-19	1-877-409-9052	<a href="https://www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%9119-Medi-Nurse-Line.aspx">https://www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%9119-Medi-Nurse-Line.aspx</a>
	California COVID-19 hotline	1-877-908-3360	

## For Emergencies Dial 911

### Nevada County COVID-19 Resource List

Resource Needed	Agency	Phone Contact	Website
	Kaiser Permanente Northern California	1-866-454-8855	<a href="https://mydoctor.kaiserpermanente.org/covid-19/">https://mydoctor.kaiserpermanente.org/covid-19/</a>
	California Health & Wellness NurseWise 24/7	(877) 658-0305	
<b>Dialysis</b>			
	DaVita Dialysis Clinic	(530) 477-0734	<a href="https://www.davita.com/">https://www.davita.com/</a>
<b>Behavioral Health</b>			
	Crisis Line (CSU Stabilization Unit)	(530) 265-5811	<a href="http://www.avitapartners.org/services/crisis-stabilization.php">http://www.avitapartners.org/services/crisis-stabilization.php</a>
	Beautiful Minds (Auburn)	(530) 889-8780	<a href="https://www.beautifulmindsmedical.com/">https://www.beautifulmindsmedical.com/</a>
<b>Food</b>			
	Food Bank of Nevada County	(530) 272-3796	<a href="https://foodbankofnc.org/">https://foodbankofnc.org/</a>
	Interfaith Food Ministry	(530) 273-8132	<a href="https://www.interfaithfoodministry.org/">https://www.interfaithfoodministry.org/</a>
	Project Mana: Incline	(775) 298-4161	<a href="http://www.projectmana.org">www.projectmana.org</a>
	Assumption Food Resource	(530) 582-4493	NA
	Great Plates Program (meal delivery)	(800)-510-2020	<a href="https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/">https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/</a>
	Instacart		<a href="https://www.instacart.com/">https://www.instacart.com/</a>
	Connecting Point	211	<a href="https://211connectingpoint.org/nevada-county/covid-19/grocery-stores/">https://211connectingpoint.org/nevada-county/covid-19/grocery-stores/</a>
<b>Homeless Shelter/Housing</b>			
	Hospitality House	(530) 271-7144	<a href="http://www.hhshelter.org">www.hhshelter.org</a>
	Sierra Roots	(530) 751-3263	<a href="http://www.sierraroots.org">www.sierraroots.org</a>
	Nevada County Salvation Army	(530) 274-3500	<a href="https://grassvalley.salvationarmy.org">https://grassvalley.salvationarmy.org</a>
<b>Transportation</b>			

## For Emergencies Dial 911

### Nevada County COVID-19 Resource List

Resource Needed	Agency	Phone Contact	Website
	Connecting Point	211	<a href="https://connectingpoint.org/programs/">https://connectingpoint.org/programs/</a>
<b>Child Support Services</b>			
	Nevada County Child Support Services	(530) 265-7097	<a href="http://www.mynevadacounty.com">www.mynevadacounty.com</a>
<b>Elder Support Services</b>			
	FREED Center for Independent Living	(530) 477-3333	<a href="https://freed.org/">https://freed.org/</a>
	Gold Country Community Services	(530) 273-4961	<a href="https://www.goldcountryservices.org/">https://www.goldcountryservices.org/</a>
	Senior Outreach Program (Nevada County)	(530) 265-1639	<a href="https://www.mynevadacounty.com/1358/Services-Available">https://www.mynevadacounty.com/1358/Services-Available</a>
	Social Outreach Program	(530) 265-1421	<a href="https://supportsierranevada.org/socialoutreachprogram">https://supportsierranevada.org/socialoutreachprogram</a>
<b>Employers</b>			
	CDC Return to work		<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html</a>
	CDC	NA	<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html">https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html</a>
	CDPH		<a href="https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Guidance.aspx">https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Guidance.aspx</a>
	OSHA	NA	<a href="https://www.osha.gov/Publications/OSHA3990.pdf">https://www.osha.gov/Publications/OSHA3990.pdf</a>
<b>Unemployment:</b>			
	Families First: COVID paid Leave		<a href="https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave">https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave</a>
	State of CA Employment Development Department	(833) 978-2511	<a href="https://www.edd.ca.gov/about_edd/coronavirus-2019.htm">https://www.edd.ca.gov/about_edd/coronavirus-2019.htm</a>
	C4 Yourself-Benefits	NA	<a href="http://www.c4yourself.com">www.c4yourself.com</a>

## For Emergencies Dial 911

### Nevada County COVID-19 Resource List

Resource Needed	Agency	Phone Contact	Website
	Alliance for Workforce Development (AFWD)	(530) 265-7088	
	Nevada Business and Career Network	(530) 265-7088 (Grass Valley) (530) 550-3015 (Truckee)	<a href="https://www.mynevadacounty.com/499/Find-a-Job">https://www.mynevadacounty.com/499/Find-a-Job</a>
<b>Health Care Providers/EMS</b>			
	CDC criteria to return to work		<a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html</a>
	Hotels for HCP's	(877) 454-8785	<a href="https://covid19.ca.gov/">https://covid19.ca.gov/</a>
<b>Tobacco Cessation</b>			
	Smoking	(800) NO-BUTTS (1-800-662-8887)	<a href="https://helpline-vision.ucsd.edu/Chat">https://helpline-vision.ucsd.edu/Chat</a>
	Vaping	(844) 8-NO-VAPE	<a href="https://helpline-vision.ucsd.edu/chat?srcid=3">https://helpline-vision.ucsd.edu/chat?srcid=3</a>
<b>Plasma Donation</b>			
	California ALL	1-833-422-4255	<a href="https://covid19.ca.gov/plasma/">https://covid19.ca.gov/plasma/</a>