



## For immediate release:

**Date:** March 16, 2023

**From:** Public Information Officer Lori Beatley

### COVID-19 Guidance Update

On February 28, 2023, the state's declaration of emergency for COVID-19 was terminated. Due to the end of the state of emergency, the state public health officer orders have been updated. There have also been changes to COVID-19 safety requirements in the workplace by Cal-OSHA, for more details go to the Cal-OSHA website:

[https://www.dir.ca.gov/dosh/coronavirus/Non\\_Emergency\\_Regulations/](https://www.dir.ca.gov/dosh/coronavirus/Non_Emergency_Regulations/)

Here are some of the changes which may affect you:

- **Reduced Isolation Time After Positive COVID-19 Test**

Beginning March 13, a COVID-19 positive person may end isolation after five days if they feel well, have improving symptoms, and are fever-free for 24 hours, with less emphasis on testing negative. [This change](#) aligns with Centers for Disease Control and Prevention (CDC) recommendations and takes effect on Monday, March 13.

- **Redetermination for Medi-Cal Benefits**

The public health emergency required the state to maintain continuous coverage for people enrolled in Medi-Cal. With the end of the state of emergency, the regular process of reconfirming Medi-Cal eligibility will resume April 1 and Medi-Cal beneficiaries will be notified to update their information and ensure they still qualify.

Beneficiaries who have changed address or do not receive a notice before their renewal date should contact Plumas County Social Services (530) 283-6350. For more information visit

<http://www.keepmedicalcoverage.org/>.

- **Masking in High-risk and Health Care Settings**

Beginning April 3, masks will no longer be required in indoor high-risk and health care settings. This includes health care, long-term care, and correctional facilities as well as homeless, emergency, and warming and cooling centers. CDPH's recommendations for the use of face masks for individuals remain unchanged. [See masking guidance](#).

- **Vaccine Requirements for Health Care Workers**

Beginning April 3, with federal rules continuing to ensure that most health care workers remain vaccinated for COVID-19, the state will no longer require [vaccination for health care workers](#) including those in adult care, direct care, correctional facilities, and detention centers.

### RESOURCES REMAIN AVAILABLE: Access to Vaccines, Testing and Treatment

- COVID-19 vaccines, testing, and treatment continue to be available through providers and local pharmacies.
- Free home tests available for Medi-Cal clients and free tests for everyone through USPS: <https://special.usps.com/testkits>
- [Treatment](#) is available through local test to treat sites: PDH: 530-283-2121 and EPHC 530-832-6600
- Individuals who are uninsured or can't get timely treatment can call 833-686-5051 or visit [sesamecare.com/covidca](https://sesamecare.com/covidca).

The complete state press release is available here: <https://www.cdph.ca.gov/Programs/OPA/Pages/NR23-014.aspx>

For more local information on COVID-19 and resources go to Plumas County Public Health website at <https://plumascounty.us/2839/COVID-19-Home>