



OFFICE OF HUMAN RESOURCES

DATE: January 4, 2021

TO: All Employees

FROM: Tina Kuperman, Vice President of Human Resources

SUBJECT: Updated LACDPH Orders

On December 31, 2021, the County of Los Angeles Department of Public Health updated its [Public Health Emergency Quarantine Order](#) and its [Public Health Emergency Isolation Order](#). Rio Hondo College continues to follow the regulations set forth by the County. The information below summarizes the changes and expectations for Rio Hondo College employees who are [close contacts](#) with a person who has COVID-19, and for Rio Hondo College employees who have tested positive for or have been diagnosed with COVID-19.

Close contact quarantine exemption:

If you are a close contact to someone who has COVID-19, you are **exempt** from quarantine if you have no symptoms and you are up to date on your COVID-19 vaccinations. **In other words, you are eligible to come to work.** You are still required to test for COVID-19 immediately and test again on Day 5 after your last exposure, wear a well-fitted, non-cloth mask both indoors and outdoors, and monitor yourself for symptoms for 10 days following your exposure.

Close contact quarantine non-exemption:

If you are a close contact to someone who has COVID-19 and you are **not exempt** from quarantine (i.e. you have symptoms or you are not up to date on your COVID-19 vaccinations), you must stay home and self-quarantine from others for at least 5 days and up to 10 days. You may end self-quarantine after day 5 only if you are asymptomatic and you receive a negative COVID-19 test result taken from a specimen collected on Day 5 or later. You are still required to monitor your health for 10 days and follow all other directions in the Order.

COVID-19 positive test or diagnosis:

If you received a positive test or diagnosis, regardless of vaccination status, previous COVID-19 infection, or lack of symptoms, you must isolate yourself (stay in your home or another residence and away from others) for at least 5 days and until you are no longer at risk for spreading COVID-19.

If you tested positive for COVID-19 and **have symptoms**, you may only end your self-isolation after Day 5 if at least 5 days have passed since your symptoms first appeared, and your symptoms have improved and you are fever-free without the use of fever reducing medications, and you have a negative COVID-19 viral test result from a specimen collected on Day 5 or later.

If you tested positive for COVID-19 but **did not have any symptoms**, you may only end your self-isolation after Day 5 if at least 5 days have passed since your positive COVID-19 viral test results were taken, and you have remained free of symptoms, and you have a negative COVID-19 viral test result from a specimen collected on Day 5 or later.

Main Campus Testing Availability:

On-site testing at SS305 is available to employees on Mondays 7:30-11:30 a.m. and from 12:00-4:30 p.m., and Thursdays 7:30 a.m. to 12:30 p.m. through Cosmos Health Solutions. Rapid antigen tests with results generally within 10-15 minutes after testing are available at no cost to the employee (this is covered through the employee's health insurance).

Employees may also seek testing elsewhere. In the rare instance where an employee is required to pay for a rapid antigen test out of pocket, the employee may submit a request for reimbursement with their supervisor.

With the presence of the Omicron variant, an increasing percent of fully vaccinated persons can and do get infected. However, fully vaccinated and boosted persons are still at lowest risk of getting infected and are well protected from getting very sick and dying from COVID-19. Importantly, these post-vaccination infections usually cause only mild symptoms, if any. However, it is still possible for fully vaccinated people to spread the virus to other people.

As a reminder, many times, with the best of intentions, employees report or return to work even though they feel ill. Employees who report to work ill will be sent home in accordance with LACDPH guidelines. If you, or someone in your household, exhibits COVID-19 related symptoms, please notify Charlene Nakama (cnakama@riohondo.edu) at the Office of Human Resources immediately. Your health and safety are our priority.