

# Contra Costa County updates COVID-19 guidelines

By Sora O'Doherty

County government works as a conduit, adapting developments from the federal and state governments and passing along information, rules and guidelines to local governments, including the cities of Lafayette and Orinda and the town of Moraga. In addition, the county provides services to residents, including centers for COVID-19 vaccinations, testing, and distribution of home test kits and other supplies. Lamorinda is within county supervisorial District 2, represented by supervisor Candace Andersen. Updates on COVID are processed almost daily by the county.

As of Jan. 13, for example, the county published updated information for schools and childcare facilities. County health pointed out that, despite the concerns about children being in the classroom during a pandemic, the risk at school is actually lower than the risk outside of school.

Updated guidelines from the state set forth the requirements for isolation and quarantine for K-12 settings. This is a subject that has caused considerable confusion, as was demonstrated by the national media at a Jan. 7 press conference held by the Centers for Disease Control and Prevention.

California currently permits children to return to

school after they first test positive for COVID-19 if a subsequent test taken on or after day five of isolation is negative and the child doesn't have symptoms or symptoms are improving. An over-the-counter home antigen test can be used to end isolation. In addition, the state recently updated its guidance for students exposed to COVID-19 in a K-12 setting, with updates to individual-level quarantine recommendations and an additional group-tracing approach strategy. All updates can be found on the CA Safe Schools Hub and in the CDPH K-12 School Guidance.

There is different guidance for the general public. Regardless of vaccination status, previous infection or lack of symptoms, everyone who tests positive for COVID-19 is advised to stay home for at least five days. Isolation can end after five days when symptoms are not present or are resolving and there is a negative test, preferably an antigen test. Without a test, isolation can end after day 10, unless there is fever or other symptoms. Upon returning from isolation, individuals are advised to wear a well-fitting mask around other people, especially in indoor settings. Quarantines are recommended for persons who are either unvaccinated or have not yet received a booster dose of vaccine.

Where there is no quarantine, individuals are recommended

to test on day five after exposure to a person with COVID-19. If the test is positive, it is recommended that that person follow the isolation recommendations.

However, these guidelines do not apply to health-care or emergency medical services personnel until February. These workers were temporarily exempted from the guidelines by California Gov. Gavin Newsom in an attempt to address the shortage of healthcare workers, a move that was met with disapproval by some health-care workers, according to local media reports. Until Feb. 1 healthcare workers who have tested positive for COVID may return to work immediately, but must wear N95 respirator masks.

The county has also been distributing at-home testing kits to the public on a first come, first served basis when kits are available from the federal government. On Jan. 14 the county also made available a number of N95 masks that were past their expiration date but still considered usable. The county continues to encourage people to have tests at the many testing facilities run by the state and county, and of course to get vaccinated and boosted if eligible.

The first case of the Omicron variant in Contra Costa County was identified on Dec. 18, and since then case rates and hospitalizations in-

creased significantly. The average number of daily new COVID-19 cases in late December had increased 149% over the prior week and hospitalizations had risen 31%. In response, the county reimposed a masking requirement for almost all indoor settings, with an exception for performers at indoor live or recorded settings or events such as music concerts or theatrical plays.

In order to rescind the masking requirement, the county must be in the moderate or yellow tier for at least three consecutive weeks and there must be fewer than 75 COVID hospitalizations in the county. Currently the county remains in the red tier and has over 200 hospitalizations. The county has met the requirement of being more than eight weeks after vaccines were authorized for children aged 5-11, and is very close to meeting the goal of 80% fully vaccinated. Currently, the number stands at 79%. All the criteria must be met before the county can change the requirement for masking in indoor spaces.

As of Jan. 13 Contra Costa County remained in the red tier, indicating that COVID

transmission was at high risk. New daily case rates were up by nearly 75% and hospitalizations were up 84% over the previous week. Both numbers showed an increasing trend. New cases were much higher among those who were unvaccinated, although cases among the vaccinated were also occurring at a lower rate. The lowest rate of cases were among those who were fully vaccinated and boosted. The county has experienced 1,083 deaths from COVID-19, with 91% of deaths occurring among the unvaccinated since vaccines became available on Dec. 15, 2020. Although not the lowest rates in the county, Lamorinda was relatively low in comparison with other localities, with new cases in the past 14 days recorded as 430 for Lafayette, 280 in Moraga, and 386 in Orinda. These numbers still represent a significant jump from last year when numbers of positive cases in each city were in single or double digits only. The number of deaths from COVID in Lamorinda also remains low, with six deaths each for Lafayette and Moraga and 16 deaths total for Orinda.

**Links:**

- <https://cchealth.org>
- <https://www.coronavirus.cchealth.org/overview>
- <https://www.coronavirus.cchealth.org/get-vaccinated>
- <https://www.cdc.gov/media/releases/2022/t0107-covid-update.html>
- <https://www.covidtests.gov/>

# Wreaths Across America honors nearly 300 local veterans



Submitted by Vanessa Crews

The service of nearly 300 veterans was honored and remembered at the Lafayette Cemetery on Saturday, Dec. 18 at a special Wreaths Across America (WAA) ceremony hosted by the Acalanes Chapter of the Daughters of the American Revolution (DAR). The name of each veteran was said out loud and a wreath was placed on the gravesite. Mary Carrillo, chapter regent, called the occasion powerful, saying, "I am inspired by the sacrifices of these brave men and women who served our country. It is a privilege to recognize their service."

The chapter was assisted by several organizations including VFW Post 8063,

American Legion Post 517 and Lafayette BSA Troop 284 and the Mt. Diablo HOG Motorcycle Group. Funding for the wreaths at the Lafayette Cemetery comes from donations to Wreaths Across America. All gifts made through Jan. 14 to WAA for the Lafayette Cemetery through the Acalanes DAR Sponsorship page were matched one for one to place wreaths in 2022. Visit the WAA website, [www.wreath-sacrossamerica.org/ca0565](http://www.wreath-sacrossamerica.org/ca0565), or contact Terry Lucido, DAR member and chair of the local event, [tlachenb@aol.com](mailto:tlachenb@aol.com).

Photo provided

Share your thoughts, insights and opinions with your community.

Send a letter to the editor: [letters@lamorindaweekly.com](mailto:letters@lamorindaweekly.com)

**Fire District Public Meetings**

**Moraga-Orinda Fire District**  
Board of Directors  
Wednesday, Jan. 19, 6 p.m.  
For meeting times and agendas, visit [www.mofd.org](http://www.mofd.org)



**ConFire**  
Board of Directors  
Regular Meeting: Tuesday, Feb. 8, 1 p.m.  
For meeting times and agendas, visit [www.cccfpd.org](http://www.cccfpd.org)



**Public Safety**

**Emergency response:**  
Emergency: 24 Hours 911  
Police Dispatch: 24 Hours 925-284-5010  
Nixle: Text your zip code to 888777 or go to [www.nixle.com](http://www.nixle.com)  
**Lafayette Police Department:**  
3471 Mt. Diablo Blvd. 925-283-3680  
Chief of Police, Ben Alldritt 925-299-3221  
Police Department Tip Line 94549Tip@gmail.com  
Police Department Traffic Issues 94549Traffic@gmail.com  
**Moraga Police Department:**  
329 Rheem Blvd., 925-888-7055  
Chief of Police, Jon King ext. 7049  
**Orinda Police Department:**  
22 Orinda Way 925-254-6820  
Chief of Police, Ryan Sullivan 925-254-6820  
[Orindatip@cityoforinda.org](mailto:Orindatip@cityoforinda.org)

**Lafayette Police Department Incident Summary Report Dec. 19 - Jan. 8**



Alarms	61
911 Calls (includes hang-ups)	46
Traffic	45
Suspicious Circumstances	15
Suspicious Subject	14
Suspicious Vehicle	15
Service to Citizen	38
Patrol Req./Security Check	55
Public/School Assembly Check	4
Supplemental Report	31
Vacation House Check	25

Welfare Check	20
Ordinance Violation	1
<b>Vehicle violations</b>	
Auto Burglary	
3200 Block Glenside Dr.	
3400 Block S Silver Springs Rd.	
3600 Block Mt. Diablo Blvd.	
Dui Misd	
3500 Block Mt. Diablo Blvd.	
Hit And Run Misdemeanor	
40 Block Green Tree Ct.	
400 Block Corte Rinaldo	
<b>Reckless Driving</b>	
Pleasant Hill Rd./Deer Hill Rd.	
800 Block Mariposa Rd.	
Taylor Blvd./Withers Ave.	
Moraga Rd./Mt. Diablo Blvd.	
3300 Block Mt. Diablo Blvd.	
Pleasant Hill Rd./Springhill Rd.	
40 Block Knox Dr.	
St Marys Rd./Camino Colorados	
<b>Stolen Vehicle Recovery</b>	
Pleasant Hill Rd./Mt. Diablo Blvd.	
California Shakespeare Festival,	
Ori	
El Nido Ranch Rd./Upper Happy Valley Rd.	
Eb HWay 24/Pleasant Hill Rd	
Tc - Fire And Amb Enroute	
3700 Block Mt. Diablo Blvd.	
Tc - Minor Injuries	
Olympic Blvd./Reliez Station Rd.	
Tc - Property Damage	
Pleasant Hill Rd./Rancho View Dr.	
20 Block Lafayette Cir.	
Mt. Diablo Blvd./1St St.	
Deer Hill Rd./Pleasant Hill Rd.	
Mt. Diablo Blvd./Pleasant Hill Rd.	
Tofflemire Dr./Moraga Rd.	
<b>Vehicle Theft</b>	
1100 Block Orchard Rd.	
3500 Block Mt. Diablo Blvd.	
<b>Other criminal activity</b>	
Computer Fraud	
600 Block Doreen Way (4)	
3400 Block Golden Gate Way	
Fraud False Pretenses	
3300 Block Hermosa Way	

3600 Block Mt. Diablo Blvd.	
600 Block Doreen Way	
3200 Block Burton Ct.	
600 Block Doreen Way	
1000 Block Sierra Vista Way	
1300 Block El Curtola Blvd.	
<b>Grand Theft</b>	
3300 Block Moraga Blvd.	
<b>Grand Theft From Veh</b>	
1000 Block Upper Happy Valley Rd	
<b>Grand Theft Veh Parts</b>	
500 Block Florence Dr.	
4000 Block Mt. Diablo Blvd.	
<b>Identity Theft</b>	
1800 Block Reliez Valley Rd.	
600 Block Doreen Way	
<b>Petty Theft</b>	
1100 Block Sierra Vista Way	
1000 Block 2Nd St.	
3300 Block Moraga Blvd.	
1500 Block Rancho View Dr.	
1000 Block Oak Hill Rd.	
<b>Petty Theft From Veh</b>	
3100 Block Somerset Dr.	
600 Block Lancaster Dr.	
3100 Block Kingsley Pl	
<b>Shoplift</b>	
3500 Block Mt. Diablo Blvd. (2)	
900 Block Moraga Rd.	
3600 Block Mt. Diablo Blvd. (6)	
<b>Nuisance to the Community</b>	
<b>Disturbance-domestic</b>	
300 Block Shire Oaks Ct.	
<b>Disturbing The Peace</b>	
3600 Block Mt. Diablo Blvd.	
3500 Block St Marys Rd.	
<b>Loud Noise</b>	
Sessions Rd./Sierra Vista Way	
<b>Public Nuisance</b>	
Mt. Diablo Blvd./Lafayette Cr	
1000 Block Dewing Av	
3600 Block Mt. Diablo Blvd.	
2Nd St./Golden Gate Way	
3500 Block Mt. Diablo Blvd.	
Mt. Diablo Blvd./Golden Gate Way	
<b>Vandalism</b>	
1700 Block Reliez Valley Rd.	
3500 Block Mt. Diablo Blvd.	

1400 Block Edwards Ct.	
10 Block Richelle Ct.	
<b>Other</b>	
<b>Fireworks</b>	
1100 Block Cambridge Dr.	
3800 Block Happy Valley Rd.	
10 Block Warwick Ct.	
<b>Threats</b>	
Police Department	
<b>Trespass</b>	
3600 Block Mt. Diablo Blvd.	
<b>Unwanted Guest</b>	
900 Block Moraga Rd.	
3500 Block Mt. Diablo Blvd. (2)	
<b>Violation Restraining Ord</b>	
Police Department	

**Moraga Police Department Incident Summary Report Dec. 28 - Jan. 9**



Alarms	22
911 Calls (includes hang-ups)	8
Traffic	30
Suspicious Circumstances	4
Suspicious Subject	3
Suspicious Vehicle	4
Service to Citizen	42
Patrol Req./Security Check	13
Supplemental Report	9
Vacation House Check	0
Welfare Check	12
Public/School Assembly Check	0
Ordinance Violation	0
<b>Vehicle violations</b>	
Accident Property	
Moraga Rd./Rheem Blvd.	
<b>Auto Burglary</b>	
100 Block Danefield Pl.	
200 Block Paseo Del Rio	
<b>Excessive Speed</b>	
Moraga Way/Ivy Dr.	
<b>Exhibition of Speed</b>	
Taco Bell	

<b>Reckless Driving</b>	
Moraga Rd./Rheem Blvd. (2)	
<b>Other criminal activity</b>	
<b>Grand Theft</b>	
30 Block Ascot Pl.	
<b>Grand Theft From Veh</b>	
100 Block Miramonte Dr.	
<b>Grand Theft Veh Parts</b>	
10 Block Miramonte Dr.	
<b>Petty Theft From Veh</b>	
1000 Block Alta Mesa Dr.	
<b>Shoplift</b>	
Safeway	
<b>Nuisance to the Community</b>	
<b>Disturbance,Domestic</b>	
Not Available	
<b>Disturbing The Peace</b>	
Not Available	
<b>Drunk In Public</b>	
Safeway	
<b>Loud Music</b>	
80 Block Goodfellow Dr.	
<b>Loud Noise</b>	
Not Available (2)	
<b>Loud Party</b>	
Not Available	
<b>Other</b>	
<b>Fireworks</b>	
500 Block Rheem Blvd.	
<b>H&amp;S/Tr Sale Narc</b>	
Dollar Tree	
<b>Transient Contact</b>	
Library	
<b>Trespass W/ Vehicle</b>	
10 Block Sanders Ranch Rd.	
<b>Unwanted Guest</b>	
1800 Block St. Andrews Dr.	



**Orinda Police Department Incident Summary Report will be back soon**