

**DEPARTMENT OF DEVELOPMENTAL SERVICES**

1215 O STREET, MS 9-90  
SACRAMENTO, CA 95814  
TTY: 711  
(833) 421-0061



March 27, 2023

TO: REGIONAL CENTER EXECUTIVE DIRECTORS

SUBJECT: UPDATE ON PUBLIC HEALTH TOPICS

**COVID-19**

The state declaration of public health emergency for COVID-19 expired February 28, 2023, and the federal declaration will expire May 11, 2023. The California Department of Public Health's (CDPH) public health orders covering all of California were issued under statutory authority that is separate from California's now-expired declaration of public health emergency. These public health orders remain in effect. However, on March 3, 2023, CDPH announced that the public health orders were substantially updated. In short, as of March 13, 2023, persons who have tested positive for COVID-19 may exit quarantine after five days if they feel well. Also, as of April 3, 2023, **masking no longer is required in healthcare settings** (including regional centers and vendored service providers), and **state vaccination mandates have been eliminated for most workforces** except where federal requirements continue. We encourage you to read the information in the CDPH announcement for full details regarding these changes: <https://www.cdph.ca.gov/Programs/OPA/Pages/NR23-014.aspx>. Please note that stricter federal or local government requirements may remain in effect.

Masking continues to be recommended, especially for high-risk populations including people with other underlying health issues and older adults. Vaccines, testing, and treatment continue to be widely available, as explained at [www.covid19.ca.gov](http://www.covid19.ca.gov).

**Respiratory Disease Prevention**

COVID-19, the flu, and Respiratory Sino-Virus (RSV) continue to circulate in the population. The best way to protect yourself against [COVID-19](#) and the [flu](#) is to get vaccinated. More information about RSV, how to recognize it, and preventing transmission can found [here](#). Basic public health preventative guidance includes:

- Wear a mask around other people
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with other people, such as kissing, shaking hands, and sharing cups and eating utensils
- Clean frequently touched surfaces such as doorknobs and mobile devices

**“Building Partnerships, Supporting Choices”**

Regional Center Executive Directors  
March 27, 2023  
Page two

#### Workplace Air Quality Standards

California Occupational Safety and Health (CalOSHA) COVID-19 Prevention Emergency Temporary Standards remain in effect. These regulations were updated on February 3, 2023. Details can be found here:

<https://www.dir.ca.gov/DOSH/Coronavirus/Covid-19-NE-Reg-FAQs.html>. These regulations apply to most workers in California who are not covered by CalOSHA's [Aerosol Transmissible Diseases standard](#).

#### Mpox

The federal and state declarations of public health emergency for Mpox have ended. The CDPH continues to work with local health departments and California health care providers, and is closely monitoring transmission. More information and data can be found here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Mpox.aspx>.

#### Wellness Bulletins

The Department of Developmental Services' (Department) website hosts varied resources on numerous topics for multiple audiences. For general wellness topics such as emergency preparedness, heat, and dehydration, please visit:

<https://www.dds.ca.gov/consumers/wellness-toolkit/>.

If you have questions about the information in this update, please email [info@dds.ca.gov](mailto:info@dds.ca.gov). Please note that use of the Department's COVID-19 email address, [ddsC19@dds.ca.gov](mailto:ddsC19@dds.ca.gov), has been discontinued. Thank you for your continued support and commitment to public health protection efforts that improve the lives of people we serve and support.

Sincerely,

*Original Signed by:*

PETE CERVINKA  
Chief, Data Analytics and Strategy

cc: Regional Center Administrators  
Regional Center Directors of Consumer Services  
Regional Center Community Services Directors  
Regional Center Emergency Coordinators  
Amy Westling, Association of Regional Center Agencies  
Nancy Bargmann, Department of Developmental Services  
Brian Winfield, Department of Developmental Services  
Carla Castañeda, Department of Developmental Services