

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: December 17, 2020

This Order supersedes the October 26, 2020 Public Health Emergency Quarantine Order.

This Order is in effect until rescinded by the Health Officer.

WHO IS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER

All individuals who reside in the Los Angeles County Health Jurisdiction who have been in close contact with a person who was diagnosed with COVID-19 (based on a positive diagnostic [viral] COVID-19 test result) are required to quarantine themselves and follow all instructions in this Order. This is because this exposure puts them at high risk for developing and spreading COVID-19.

WHAT YOU ARE REQUIRED TO DO IF YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON WHO HAS COVID-19

To prevent the spread of COVID-19, the County of Los Angeles Health Officer (“Health Officer”) hereby requires you to immediately:

- a) Self-quarantine and
- b) Follow all instructions in this Order.

INSTRUCTIONS

1. Self-Quarantine to Reduce Your Risk of Spreading COVID-19

You are required to self-quarantine (separate yourself from others) because it is likely that you have been exposed to COVID-19. If you’re infected, you can easily spread COVID-19 to others, including people who are at higher risk for serious illness, such as older adults and people with [underlying medical conditions](#).

You must quarantine (stay in your home or another residence) to reduce your risk of spreading COVID-19. When you are in quarantine, you may not leave your place of quarantine or enter any other public or private place, except to receive necessary medical care or a test for COVID-19 (which is recommended for close contacts).

However, if you are a healthcare worker, a first responder, or a social services worker (who works face to face with clients in the child welfare system or in assisted living facilities) and you do not have symptoms (are asymptomatic), you may be permitted to return to work if your employer is experiencing staffing shortages. You should follow the return-to-work protocols established by your employer. When not doing your essential work, you must adhere to this quarantine order.

Definition of Close Contact: For purposes of this Order, a “close contact” is defined as any of the following people who were exposed to someone with a positive diagnostic (viral) COVID-19 test (“the case”) while they were infectious*:

- a) A person who was within 6 feet of the case for a total of 15 minutes or more over a 24-hour period, or
 - b) A person who had unprotected contact with the case’s body fluids and/or secretions, for example, were coughed or sneezed on, shared utensils or saliva, or provided care without using appropriate protective equipment.
- * A person with COVID-19 is considered to be infectious from 2 days before their symptoms first appeared until the time they are no longer required to be isolated (as described in “[Home Isolation Instructions for People with COVID-19](#)”). A person with a positive COVID-19 diagnostic (viral) test, but with no symptoms, is considered to be infectious from 2 days before their first positive test was taken until 10 days after that test was taken.

Self-Quarantine Instructions: You are required to follow all directions in the “Home Quarantine Instructions for Close Contacts to COVID-19,” which are available in [English](#), [Spanish](#), and [other languages](#) at <http://ph.lacounty.gov/covidquarantine>.

Duration of Self-Quarantine:

1. You are required to self-quarantine (separate yourself from others) for 10 days after your last contact with the infected person (the case). You may end your quarantine after Day 10 if you did not develop any [symptoms](#) of COVID-19 AND you take the following precautions:
2. **From Day 11 through Day 14 after** your last contact with the infected person you must:
 - a. **Be extra careful** to reduce the spread of COVID-19, including **wearing a face covering whenever around others, keeping a distance of at least 6 feet from others, AND washing your hands often.**
 - b. Continue to monitor yourself daily for COVID-19 symptoms.

2. If You Develop Symptoms of COVID-19 and/or Receive a Positive (Viral) Diagnostic Test

If at any time during your quarantine period, you develop any [symptoms of COVID-19](#), you must isolate yourself and contact your healthcare provider, clinician advice line, or telemedicine provider for a medical assessment and arrange a test for COVID-19.

- If you test positive for COVID-19 or your healthcare provider thinks you have COVID-19, you must follow the Los Angeles County “[Public Health Emergency Isolation Order](#)” for COVID-19 and the “Home Isolation Instructions for People with COVID-19 Infection,” which are available in [English](#), [Spanish](#), and [other languages](#) at <http://ph.lacounty.gov/covidisolation>.
- If you test negative for COVID-19 and/or your healthcare provider thinks that you do not have COVID-19, you must complete your quarantine period **and** stay home until at least 24 hours after your fever has gone away without using fever reducing medications.
- If you don’t get tested, you should isolate for at least 10 days from when your symptoms first started and until at least 24 hours after your fever has gone away without using fever reducing medications.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of Coronavirus Disease 2019 (COVID-19), to protect individuals at higher risk, and to protect the health care system from a surge of cases into its emergency rooms and hospitals. The virus can easily spread between people who are in close contact with one another.

Everyone is at risk for becoming ill, but some people are at higher risk for serious illness (including pneumonia or organ failure) or death due to their age, physical state, and/or health status.

This Order is based upon scientific evidence and best practices, as currently known and available. Isolation and quarantine are recommended by the Centers for Disease Control and Prevention (CDC) and other public health experts as a proven strategy for preventing transmission of COVID-19.

LEGAL AUTHORITY

This County of Los Angeles Health Officer Order is made under the authority of California Health and Safety Code Sections 101040, 101085, 120175, 120215, 120220, and 120225. The Health Officer may take additional action(s), which may include civil detention or requiring one to stay at a health facility or other location, to protect the public's health if an individual who is subject to this Order violates or fails to comply with this Order.

RESOURCES

- Home Quarantine Instructions for Close Contacts to COVID-19:
<http://ph.lacounty.gov/covidquarantine> (English and other languages)
<http://ph.lacounty.gov/covidcuarentena> (Spanish)

For Reference if you received a positive diagnostic (viral) test for COVID-19 and/or a healthcare provider clinically suspects that you have COVID-19:

- Home Isolation Instructions for People with COVID-19:
<http://ph.lacounty.gov/covidisolation> (English and other languages)
<http://ph.lacounty.gov/covidaislamiento> (Spanish)
- Public Health Emergency Isolation Order:
http://ph.lacounty.gov/media/Coronavirus/docs/HOO/HOO_Coronavirus_Blanket_Isolation.pdf (English)
<http://ph.lacounty.gov/media/Coronavirus/reopening-la.htm#isolation> (Spanish and other languages)

QUESTIONS REGARDING THE ORDER

If you have questions regarding this Order, call the Los Angeles County Department of Public Health at (833) 540-0473.

IT IS SO ORDERED:



Muntu Davis, M.D., M.P.H.
Health Officer,
County of Los Angeles

12/17/20

Date