

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Revised Order Issued: **January 11, 2022**

This Order supersedes the **December 31, 2021** Public Health Emergency Isolation Order.

This Order is in effect until rescinded by the Health Officer.

PLEASE READ THIS ENTIRE ORDER CAREFULLY

WHO IS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER

All individuals, regardless of vaccination status, previous infection or lack of symptoms, who reside **or work** in the Los Angeles County Health Jurisdiction who have tested positive for or been diagnosed with COVID-19 are required to isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with COVID-19 based on one or both of the following criteria:

- a) They received a positive viral test for COVID-19 and/or
- b) A healthcare provider clinically suspects that they have COVID-19

WHAT YOU ARE REQUIRED TO DO IF YOU HAVE 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-isolate for at least 5 days or longer, see “Duration of Self-Isolation” details below, and
- b) Identify your close contacts to the Los Angeles County Department of Public Health (“Public Health”) when interviewed by Public Health for purposes of contact tracing, and
- c) Tell your close contacts that they have been exposed and need to follow the [Instructions for Close Contacts to COVID-19](#) (if you have a positive viral test for COVID-19), and
- d) Contact Public Health at (833) 540-0473 within 24 hours of receiving this Order, unless you have already completed a [contact tracing interview](#), and
- e) Follow all instructions in this Order.

INSTRUCTIONS

1. Self-Isolate Until You’re Not at Risk for Spreading COVID-19 to Others

You, regardless of your vaccination status, previous COVID-19 infection, or lack of symptoms, 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 (see “Duration of Self-Isolation” below). Until that time, you may not leave your place of isolation, except to receive necessary medical care.

You are required to self-isolate because you can spread COVID-19 to others. If you have a positive test, and have not done so already, consider contacting your healthcare provider, clinician advice-line, or telemedicine provider for a medical assessment and possible treatment.

You **may** be contacted by Public Health for a contact tracing interview. You must identify your close contacts, as defined below, to Public Health, so that Public Health may determine if there is an outbreak associated with your case and to limit further spread of the infection to others.

Self-Isolation Instructions: While you are isolating, you are required to follow 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>. Wear a well-fitting mask around others, indoors and outdoors, for a total of 10 days. Adults should wear a well-fitting medical grade mask (surgical or respirator). Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

Duration of Self-Isolation:

Everyone with COVID-19 must isolate for at least 5 days. How long you have to isolate depends on whether you have [symptoms](#) and if you get a negative follow-up viral test on day 5 or later. If you test on day 5 or later, it is better to use an antigen test because NAAT/PCR tests can stay positive even after you are no longer infectious.

A) If you tested positive for COVID-19 and have symptoms or if your doctor thinks* that you have COVID-19, you must stay home until:

- At least 5 days have passed since your symptoms first appeared; and
 - You have a negative COVID-19 viral test^[1] result from a specimen collected on Day 5 or later; and
 - You have been fever-free for at least 24 hours without the use of fever-reducing medicine; and
 - Your symptoms are improving.
- OR-**
- At least 10 days have passed since your symptoms first started; and
 - You have not had a fever for at least 24 hours without the use of fever-reducing medicine; and
 - Your symptoms are improving.

Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

***If your doctor initially thought your symptoms were due to COVID-19 (and you did not test positive for COVID-19) but they reassessed your diagnosis and decided that you are not infected, you can stop isolating after 24 hours of being fever-free without the use of fever-reducing medicine. Note: If you are a close contact to a person with COVID-19 you must follow the instructions on the [Quarantine and Other Instructions for Close Contacts](#) webpage.**

[1] An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable; however, it is recommended that persons use an antigen test for ending isolation.

- B) If you tested positive for COVID-19 and you never develop symptoms, you must stay home until:
- At least 5 days have passed since your initial positive COVID-19 viral test result was taken, and
 - You have a negative COVID-19 viral test^[1] result from a specimen collected on Day 5 or later.
- OR-**
- You must stay home for 10 days after your initial positive test was taken.

Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.

Note: if you develop symptoms while you are isolated, you must follow the Duration of Self-Isolation as described above in Section (a).

2. Tell Your Close Contacts That They Have Been Exposed and Need to Follow Quarantine Instructions

If you have a positive viral test result, you must notify all of your close contacts, as defined below, that they have been exposed to COVID-19 and that they must follow the Instructions for Close Contacts to COVID-19, which are available in English, Spanish, and other languages at <http://ph.lacounty.gov/covidquarantine>.

Definition of Close Contact: For purposes of this Order, “close contact” is defined as any of the following people who were exposed to you while you were infectious:*

- A person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period, or
 - A person who had unprotected contact with your body fluids and/or secretions, for example, were coughed or sneezed on, shared utensils or saliva, or provided care without using appropriate protective equipment.
- * You are considered to be infectious from 2 days before your symptoms first appeared until the time you are no longer required to be isolated. If you have a positive COVID-19 diagnostic (viral) test, but no symptoms, you are considered to be infectious from 2 days before your first positive test was taken until you are no longer required to be isolated (as described in “Duration of Self Isolation” above)

3. Contact Public Health within 24 Hours of Receiving this Order to Complete a Contact Tracing Interview

If you have not yet been interviewed by Public Health about your current COVID-19 diagnosis, you are required to call (833) 540-0473 within 24 hours of receiving this Order to complete a confidential [contact tracing interview](#). During the call, you’ll receive information about available services, have a chance to ask questions, and be asked to answer simple questions such as what places you have been to and what persons you were around while you were infectious. The people you tell the Public

Health Specialist about will be contacted and asked to stay home to help prevent others from getting sick but won't be given your name or contact information.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of 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, especially if they are not fully vaccinated.

People who are not vaccinated against COVID-19 are at the highest risk of getting infected with COVID-19. Unvaccinated older adults and unvaccinated people who have [certain medical conditions](#) are at highest risk of severe illness from COVID-19 disease. People with [weakened immune systems](#) who are fully vaccinated might not respond as well to the vaccine so they may also be at risk for getting very sick. 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.

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, 120225, and 120295, and the Los Angeles County Code sections 11.02.030. 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, or issuance of an administrative citation, 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 Isolation Instructions for People with COVID-19
<http://ph.lacounty.gov/covidisolation> (English and other languages)
<http://ph.lacounty.gov/covidaislamiento> (Spanish)

Resources for Close Contacts

- Instructions for Close Contacts to COVID-19
<http://ph.lacounty.gov/covidquarantine> (English and other languages)
<http://ph.lacounty.gov/covidcuarentena> (Spanish)
- Public Health Emergency Quarantine Order
http://ph.lacounty.gov/Coronavirus/docs/HOO/HOO_Coronavirus_Blanket_Quarantine.pdf
(English)
<http://ph.lacounty.gov/Coronavirus/reopening-la.htm#quarantine> (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:



1/11/22

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

Date