

## HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

### Public Health Emergency Quarantine Order

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

This Order supersedes the **December 31, 2021** Public Health Emergency Quarantine 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This Order is in effect until rescinded by the Health Officer.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 who reside **or work** 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 viral COVID-19 test result) are required to quarantine themselves and follow the Los Angeles County Department of Public Health's instructions for self-quarantine, unless they meet exemption criteria, as specified in this Order.

#### **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:

- a) Self-quarantine if you are not exempt (Exemptions are listed below. Also, review the County [Instructions for Close Contacts to COVID-19](#)), and
- b) Monitor your health **for a total 10 days**, and
- c) **Wear a well-fitted, non-cloth mask, both indoors and outdoors, for a total 10 days while you are around others. Adults need to wear a medical grade mask (surgical or respirator), and children should wear a non-cloth mask of multiple layers of non-woven material with a nose wire. See [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks) for more information, and**
- d) Follow all other instructions in this Order.

**TK-12 students:** If you are a TK-12 student and you were exposed to a person with COVID-19 in a school setting where students are supervised by school staff (indoors, outdoors, or on a school bus), contact your school to learn whether you meet the criteria for modified quarantine. If you do, you may be allowed to follow modified quarantine requirements to continue in-person academic activities that are part of the regular school curriculum and are provided during school hours. You must still follow this Quarantine Order and must stay at home for the duration of quarantine, except for in-person academic activities as described above.

**Workplace settings:** If you are fully vaccinated but have not yet received your booster dose, even though you are currently eligible to receive one, and you work in a non-healthcare setting, you may be allowed to continue to work by your employer on the condition that:

- a) You remain asymptomatic (have no symptoms);
- b) You get a negative COVID-19 viral test obtained 3-5 days after your last exposure to the case;

- c) You wear a well-fitting medical-grade mask, ideally an N95/KN95, around others both indoors and outdoors, and no eating/drinking around others, for a total of 10 days; and
- d) You observe home-quarantine when not at work.

### **CLOSE CONTACTS WHO ARE EXEMPTED FROM QUARANTINE**

You are not required to quarantine **if you have no symptoms** AND:

- You are up to date<sup>1</sup> with all recommended COVID-19 vaccine doses **OR**
- You have recovered<sup>2</sup> from laboratory-confirmed COVID-19 within the last 90 days.

While you are not required to quarantine, you **should**:

- a) Wear a well-fitted, non-cloth mask, both indoors and outdoors, for a total 10 days while you are around others. Adults need to wear a medical grade mask (surgical or respirator), and children should wear a non-cloth mask of multiple layers of non-woven material with a nose wire.
- b) Monitor yourself for symptoms for 10 days following your exposure.
- c) Follow all other steps **in the** Instructions for Close Contacts to COVID-19, which are available in English, Spanish, and other languages at:  
<http://ph.lacounty.gov/covidquarantine>.

## **INSTRUCTIONS**

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

Unless you are exempt from quarantine (see “Close Contacts Who Are Exempted from Quarantine” above), you are required to self-quarantine (stay in your home or another residence and away from others). This is because you have been exposed to the virus that causes COVID-19 and may become infected and spread the virus to others before getting symptoms.

Self-Quarantine Instructions: When you are in quarantine, you may not leave your place of quarantine, except to receive needed medical care or for COVID-19 testing. You must follow the directions in the Instructions for Close Contacts to COVID-19, which are available in English, Spanish, and other languages at <http://ph.lacounty.gov/covidquarantine>.

Test on Day 5, **if possible**, after your last contact with the person who has COVID-19. Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure. **Consider getting tested immediately after you find out you were exposed, if possible, especially if you or anyone who lives with you is at increased risk for severe illness.**

Monitor your health for symptoms of COVID-19 for 10 full days from your last contact with the infected person. In addition to continuing to monitor for symptoms, you need to continue to be extra careful to protect others during the **full** 10 days following your last exposure, including adults wearing

<sup>1</sup> You are considered “up to date” with your COVID-19 vaccines when you are fully vaccinated and, when eligible, have received your booster dose. See [COVID-19 Vaccine Eligibility Table](#).

<sup>2</sup> “Recovered” means that you are no longer infectious, i.e., you are no longer [required to be isolated](#).

a medical grade mask (surgical or respirator) and children should wear a non-cloth mask of multiple layers of non-woven material with a nose wire both indoors and outdoors while around others, washing your hands often, keeping your distance/avoiding contact with others, especially with persons at higher risk of severe illness, even if they are fully vaccinated and boosted, and taking other [risk reduction](#) steps.

#### Duration of Quarantine

You must stay home and self-quarantine **away** from others for at least 5 days and up to 10 **full** days **after your last exposure**. See details below to determine when your self-quarantine can end.

- a) You may end your self-quarantine after Day 5 only if
  - You **remain** asymptomatic AND
  - You receive a negative COVID-19 viral test result taken from a specimen collected on Day 5 or later.
- b) If you are unable to test or choose not to test, and symptoms are not present, quarantine ends after Day 10.

If you develop COVID-19 symptoms, follow Section 2 below.

#### 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 **they are no longer required to be isolated**.

## **2. If You Develop Symptoms of COVID-19 and/or Receive a Positive Viral Test**

If you develop any [symptoms](#) of COVID-19 during the 10 days from your last contact with the infected person you must immediately isolate yourself (stay in your home or another residence and away from others) 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>.

## **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**

- 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 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/Coronavirus/docs/HOO/HOO\\_Coronavirus\\_Blanket\\_Isolation.pdf](http://ph.lacounty.gov/Coronavirus/docs/HOO/HOO_Coronavirus_Blanket_Isolation.pdf) (English)  
<http://ph.lacounty.gov/Coronavirus/reopening-la.htm#isolation> (Spanish and other languages)

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**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:**



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

**1/11/2022**

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**Date**