

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: **February 1, 2022**

This Order supersedes the **January 11, 2022** 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This Order is in effect until rescinded by the Health Officer.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 (**separate**) themselves **from others** and follow the Los Angeles County Department of Public Health's instructions for self-quarantine **until they are at lower risk for coming down with and spreading the infection**, 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 **highly protective** mask, both indoors and outdoors, for a total 10 days while you are around others. **The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth* mask of multiple layers of non-woven material with a nose-wire, and**

**Cloth masks meeting American Society for Testing and Materials (ASTM) standards for high filtration efficiency (ASTM F3502-level 2) are permitted. See ph.lacounty.gov/masks for more information.*

- d) Follow all other instructions in this Order.

TK-12 students: **If you are a TK-12 student and you do not have any symptoms, you may be permitted to attend in-person school and participate in other school related activities during your quarantine period. Contact your school to learn more. You must observe home-quarantine when you are not participating in school-related activities. Refer to ph.lacounty.gov/EducationToolkitTK12.**

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); **and**
- b) You get a negative COVID-19 viral test obtained 3-5 days after your last exposure to the

case; and

- c) You wear a well-fitting **respirator (preferred) or** medical mask 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.

Refer to [Return to Work \(Non-Healthcare\) Summary Table](#).

CLOSE CONTACTS WHO ARE EXEMPTED FROM QUARANTINE

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

- You are [up to date](#)¹ with all recommended COVID-19 vaccine doses OR
- You **tested positive using a viral test for** COVID-19 in the **past 90 days** **and recovered**.²

While you are not required to quarantine, you should:

- a) **Wear a highly protective mask, both indoors and outdoors, for a total 10 days while you are around others. The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth* mask of multiple layers of non-woven material with a nose-wire; and**

**Cloth masks meeting ASTM standards for high filtration efficiency are permitted.*

See ph.lacounty.gov/masks for more information.

- b) Monitor yourself for symptoms for 10 days following your exposure; and
- 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>.

¹ 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](#).

² Must be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. “Recovered” means you completed the isolation period for your COVID-19 infection.

Test³ on Day 5, if possible. If you or anyone who lives with you is [at increased risk for severe illness](#) consider getting tested as soon as possible. Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure.

Monitor your health for symptoms of COVID-19 for 10 full days from your last contact with the infected person. If you develop COVID-19 symptoms, follow Section 2 below.

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 test⁴ 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.

Reminder: Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure.

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.

³ The test must be an [FDA-authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Self-tests are acceptable, but if used for return to work they must be observed or reported in a certain way. For more information see [Cal-OSHA Testing FAQs](#). Check with your employer about how to get tested.

⁴ Same as above.

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 get a viral COVID-19 test.**⁴ **It is recommended that you consider contacting your healthcare provider, clinician advice line, or telemedicine provider for a medical assessment and possible treatment.**

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 (English)
<http://ph.lacounty.gov/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

2/1/2022

Date