

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: November 8, 2021

This Order supersedes the September 22, 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This Order is in effect until rescinded by the Health Officer.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 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 immediately:

- 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 14 days, and
- c) Contact the Los Angeles County Department of Public Health ("Public Health") at (833) 540-0473 within 24 hours of receiving this Order, unless you have already completed a [contact tracing interview](#), and
- d) Follow all other instructions in this Order.

Note: 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.

CLOSE CONTACTS WHO ARE EXEMPTED FROM QUARANTINE

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

- a) You are [fully vaccinated](#) or
- b) You have [recovered](#) from laboratory-confirmed COVID-19 within the last 90 days.

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

- Monitor yourself for symptoms for 14 days following your exposure.
- Follow all other instructions for [fully vaccinated](#) or [recently recovered](#) close contacts 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 (based only on the specific exemptions listed 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 you may become infected and spread the virus to others before getting symptoms.

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>.

Duration of Quarantine

You must monitor your health for symptoms of COVID-19 for 14 days from your last contact with the infected person. If you develop symptoms during this time you must stay home, away from others, and follow the instructions that are described below and in the [Instructions for Close Contacts to COVID-19](#).

You must stay in quarantine away from others. You may discontinue self-quarantine under the following conditions, as long as you do not develop symptoms of COVID-19:

- a) **Your quarantine can end AFTER Day 10** from the last time you had contact with the infected person; OR
- b) **Your quarantine can end AFTER Day 7 IF** you have a negative viral test result from a specimen that was collected ON Day 5 OR LATER from the last time you had contact with the infected person. See the [Instructions for Close Contacts to COVID-19](#) to learn what tests are acceptable.

Once your quarantine ends, in addition to continuing to monitor for symptoms, you should continue to be extra careful to protect others through Day 14 including wearing a mask around others, washing your hands often, keeping your distance, and taking other [risk reduction](#) steps.

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.

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 14 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. Follow the instructions in the section “[If you develop symptoms](#)” of the Instructions for Close Contacts to 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>.

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 exposure to COVID-19, 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 be asked to answer simple questions such as what places you have been to after being exposed, whether you have any COVID-19 symptoms, and whether you've been tested for COVID-19. The Public Health Specialist can also answer your questions and provide you with information such as how to get a COVID-19 test, find a doctor, or get help while you are in quarantine.

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. Fully vaccinated persons are at lowest risk of getting infected and are well protected from getting very sick and dying from COVID-19. A small percent of fully vaccinated persons do get infected. 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, 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

- 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:



11/8/21

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

Date