

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: April 13, 2022

Effective as of 12:01am on Friday, April 15, 2022

This Order supersedes the March 16, 2022 Public Health Emergency Quarantine Order.

This Order is in effect until rescinded by the Health Officer.

PLEASE READ THIS ENTIRE ORDER CAREFULLY.

Brief Highlights: (Changes highlighted in yellow):

4/13/2022:

- This Quarantine Order is revised in response to changes in the April 6, 2022, State Public Health Officer [Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public](#).
 - Removes quarantine requirement for asymptomatic exposed person (for the general public).
 - Adds work exclusion or restriction in certain specified High-Risk Settings.¹
 - Includes updated definition for close contact.
- Requires close contacts who are exempted from quarantine to wear a highly protective mask around others, especially indoors, for a total of 10 days after the last contact with a person infected with COVID-19, and to test to determine infection status.
- Changes the definition of a close contact to align with the new CDPH definition of: “someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane, etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person’s (laboratory-confirmed or clinical diagnosis) infectious period.”

PERSONS 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 is diagnosed with COVID-19 (based on a positive viral COVID-19 test result), whether exempt from quarantine or not, are to follow the requirements of this Order specific to their situation and the instructions for quarantine, if indicated. This order does not apply to the management of exposed health care personnel. Exposed health care personnel should refer to [Work Restrictions for Asymptomatic HCP with Exposures](#). Emergency Medical Service personnel should refer to [Work Restrictions for Asymptomatic EMS Personnel with Exposures](#).

¹ High-Risk Settings are emergency shelters, healthcare settings, local correctional facilities and detention centers, homeless shelters, long-term care centers, adult and senior care facilities and emergency cooling and heating centers. These settings are considered high-risk for COVID-19 transmission because they are settings with a large number of persons who may not receive the full protection from vaccination due to co-existing medical conditions and the populations served are at risk of more serious COVID-19 disease consequences including hospitalization, severe illness, and death.

CLOSE CONTACTS WHO ARE EXEMPTED FROM QUARANTINE

You are not required to quarantine **away from others**, regardless of your vaccination status, **if you have no symptoms** OR **if** you have no symptoms **and previously** tested positive using a viral test for COVID-19 in the past 90 days and recovered.²

While you are not required to quarantine **away from others**, you are required to:

- a) Wear a highly protective mask around others, especially indoors **and when near those at higher risk for severe COVID-19 disease**, for a total of 10 days after the last contact with a person infected with COVID-19. The mask should be a well-fitting medical mask, a well-fitting respirator, or a well-fitting high filtration reusable mask with a nose-wire. (See ph.lacounty.gov/masks for details about masks with best protection); **and**
- b) Test as soon as possible **(within 3-5 days after your last exposure)** to determine your infection status. **If you test positive**, follow all isolation requirements at ph.lacounty.gov/covidisolation; **and**
- c) Monitor yourself for symptoms for 10 days following your exposure. **If symptoms develop, test and stay home away from others.** If you test positive, follow all isolation requirements at ph.lacounty.gov/covidisolation; **and**
- d) Follow all other steps in the Instructions for Close Contacts to COVID-19, which are available in English, Spanish, and other languages at: ph.lacounty.gov/covidcontacts.

WHAT YOU, AS A RESIDENT OF A HIGH-RISK SETTING, ARE REQUIRED TO DO IF YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON WHO HAS COVID-19

If you are a resident in a High-Risk Setting, and a close contact of someone with COVID-19 and are either unvaccinated or incompletely vaccinated³ and you have not been infected with COVID-19 within the prior 90 days, you must, at a minimum:

- a) Quarantine, for at least 5 days **after last exposure.** Quarantine can end after Day 5 if symptoms are not present and a diagnostic specimen collected on Day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after Day 10. (Review the County Instructions for Close Contacts to COVID-19); **and**
- b) Monitor your health for a total of 10 days; **and**
- c) Wear a highly protective, well-fitting mask around others, especially indoors, for a total of 10 days after the last contact with a person infected with COVID-19. The mask should be a well-fitting medical mask, a well-fitting respirator, or a well-fitting high filtration reusable mask with a nose-wire. (See ph.lacounty.gov/masks for details about masks with best protection); **and**

The above requirements are the minimum requirement for exposed residents of High-Risk Settings. If the site-specific requirements are more protective, you must follow those.

INSTRUCTIONS FOR STAFF AT HIGH-RISK SETTINGS:

If you are a staff member at a High-Risk Setting, and a close contact of someone with COVID-19 and are either unvaccinated or incompletely vaccinated and you have not been infected with COVID-19 within the

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.

³ "Incompletely vaccinated" means persons who have received at least one dose of a COVID-19 vaccine but do not meet the definition of fully vaccinated.

prior 90 days, you should exclude yourself from work for at least 5 days after last exposure. If permitted by your employer, your work exclusion can end after Day 5 if symptoms are not present and a diagnostic specimen collected on Day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, work exclusion can end after Day 10.

- Monitor your health for at least 10 days. If symptoms develop, stay home and test as soon as possible, and
- Wear a highly protective mask, around others, especially indoors, for a total of 10 days after the last contact with a person infected with COVID-19, and test as soon as possible after last exposure to determine infection status.

The above requirements are the minimum requirement for exposed staff at High-Risk Settings. If the site-specific requirements are more protective, you must follow those.

If you are a healthcare worker, your employer may permit you to continue to work. See [Work Restrictions for Asymptomatic HCP with Exposures](#) and [Work Restrictions for Asymptomatic EMS Personnel with Exposures](#).

Definition of Close Contact:

For purposes of this Order, a “close contact” is defined as someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane, etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person’s (laboratory-confirmed or clinical diagnosis) infectious period.

**Please see County Public Health sector-specific guidance regarding identification of close contacts who may require quarantine or exclusion from work.

INSTRUCTIONS

1. Reduce Your Risk of Spreading COVID-19 to Others

All close contacts, whether quarantined or not, should take steps to reduce the risk of spreading COVID-19 to others.

All close contacts must:

- a. Wear a highly protective mask until your quarantine ends, or for a full 10 days if you are exempt from quarantine. If you meet the criteria to leave quarantine before 10 days, it is required that you continue to wear a highly protective, well-fitting mask around others, especially indoors, for a total of 10 days after the last contact with a person infected with COVID-19. The mask should be a well-fitting medical mask, a well-fitting respirator, or a well-fitting high filtration reusable mask with a nose-wire. (See ph.lacounty.gov/masks for details about masks with best protection)
- b. Get tested within 3-5 days after your last exposure to determine your infection status. The test should be an FDA-authorized COVID-19 viral test such as an antigen or NAAT/PCR test, including over the counter self-tests. Note: if testing for return to work, the test may need to be observed or reported in a certain way. For more information check with your employer and see [Cal-OSHA Testing FAQs](#).

If you or anyone who lives with you is [at increased risk for severe illness](#), consider getting tested as soon as possible. Then, if you test negative, test again on or after Day 5.

If your test result is positive, see section below (If you develop symptoms of COVID-19 and/or Test Positive);

- c. Monitor your health for 10 days following your exposure. If symptoms develop, see section below (If you develop symptoms of COVID-19 and/or Test Positive).

How to count days. Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure.

Quarantine unless you are exempt:

Unless you are exempt from quarantine (see “Close Contacts Who Are Exempted from Quarantine” above), you are required to quarantine (stay in your home or another residence and away from others **or stay away from others if you are a resident of a High-Risk Setting**). 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.

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. Wear a [highly protective mask](#) if you must be around others, including members of your own household. 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 stay away from others for at least 5 days and up to 10 full days after your last exposure **to a person diagnosed with COVID-19 in case you become infected with COVID-19**. See details below to determine when your self-quarantine can end. Note: if you are a resident of a High-Risk Setting, these are the minimum requirements. If the site-specific requirements are more protective, you must follow those.

- a) You may end your 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.

Please note: if you meet the criteria to end quarantine before Day 11, it is *required* that you wear a highly protective mask around others, especially in indoor settings, through Day 10. In addition, for return to work, you are *required* to wear a mask at the workplace for a total of 10 days after exposure. See [Return to Work \(Non-Healthcare\) Summary Table](#).

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

⁴ 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.

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. **Wear a highly protective mask around others, especially indoors, for a total of 10 days after the last contact with a person infected with COVID-19.**

If you test positive for COVID-19 or your health care 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 sick and dying from COVID-19**. Unvaccinated older adults and unvaccinated people who have [certain medical conditions](#) are at highest risk of becoming very sick (more likely to be hospitalized, need intensive care, require a ventilator to breathe, or die) 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 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:



4/13/2022

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

Date