

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: **December 31, 2021**

This Order supersedes the **November 8, 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This Order is in effect until rescinded by the Health Officer.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 **10** 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 you are up to date on your COVID-19 vaccinations, as per the Appendix below:**

- a) You are "fully vaccinated and boosted", receiving all recommended doses of the primary COVID-19 vaccination series and a vaccine booster dose OR
- b) You are "fully vaccinated but not yet booster-eligible".

Note: Having recovered from laboratory-confirmed COVID-19 within last 90 days no longer excludes you from quarantine.

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

- **Test for COVID-19 immediately and test again on Day 5 after your last exposure. (Please**

note that Day 0 is the day of your last exposure. Day 1 is the first full day *after* your last exposure.)

- Wear a well-fitted, non-cloth mask both indoors and outdoors for a total 10 days while you are around others, indoors and outdoors. 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.
- Monitor yourself for symptoms for 10 days following your exposure.
- If you test positive or if COVID-19 symptoms develop, stay home and follow Isolation requirements.
- Follow all other instructions for [fully vaccinated and boosted](#) and fully vaccinated, but not yet booster eligible 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 (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 you 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 immediately and again on Day 5 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.

Monitor your health for symptoms of COVID-19 for 10 full days from your last contact with the infected person. Once your quarantine ends, in addition to continuing to monitor for symptoms, you need to continue to be extra careful to protect others during the 10 days following your last exposure, including adults wearing 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 from others for at least 5 days and up to 10 days. See details below to determine when your self-quarantine can end.

a) You may end your self-quarantine after Day 5 only if

- You are asymptomatic AND

- You receive a negative COVID19 viral test^[1] 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 can end 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 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 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. 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.

^[1] An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable; however, it is recommended that exposed persons who were infected with SARS-CoV-2 within 90 days prior to their current exposure should also use an antigen test.

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 **and boosted** persons are at lowest risk of getting infected and are well protected from getting very sick and dying from COVID-19. A **significant** percent of fully vaccinated persons **can and** 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, 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:



12/31/2021

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

Date

Appendix:
California Booster-Eligible Immunization Requirements

COVID-19 Vaccine	Primary vaccination series	When to get the vaccine booster dose	Which vaccine booster dose to receive
Moderna or Pfizer-BioNTech	1st and 2nd doses	Booster dose 6 months after 2nd dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer-BioNTech are preferred.
Johnson and Johnson [J&J]/Janssen	1st dose	Booster dose 2 months after 1st dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer-BioNTech are preferred.
World Health Organization (WHO) emergency use listing COVID-19 vaccine	All recommended doses	Booster dose 6 months after getting all recommended doses	Single booster dose of Pfizer-BioNTech COVID-19 vaccine
A mix and match series composed of any combination of FDA-approved, FDA-authorized, or WHO-EUL COVID-19 vaccines	All recommended doses	Booster dose 6 months after getting all recommended doses	Single booster dose of Pfizer-BioNTech COVID-19 vaccine