



# County of San Diego

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WILMA J. WOOTEN, M.D.  
PUBLIC HEALTH OFFICER

## ORDER OF THE HEALTH OFFICER (Quarantine of Persons Exposed to COVID-19)

The spread of coronavirus disease 2019 (COVID-19) is a substantial threat to the public's health. San Diego County is currently subject to a declared local health emergency and a proclaimed local emergency due to the COVID-19 pandemic, and the Governor of the State of California proclaimed a state of emergency. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness due to age or underlying health conditions. In order to slow the spread of COVID-19, and prevent the healthcare system in San Diego County from being overwhelmed, it is necessary for the Health Officer of the County of San Diego (Health Officer) to require the quarantine of persons exposed to COVID-19.

Household contacts, intimate partners, caregivers, and any other person who have been in close contact with a person either diagnosed with COVID-19, or likely to have COVID-19 (COVID-19 Patient), must quarantine themselves. A "close contact" is a contact with a COVID-19 Patient that occurs anywhere between 48 hours before the COVID-19 Patient's symptoms began (or, for asymptomatic patients, 2 days prior to test specimen collection), and until the COVID-19 Patient is no longer required to be isolated, and where they:

1. Were within 6 feet of a COVID-19 Patient for a cumulative total of 15 minutes or more over a 24-hour period; or
2. Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 Patient.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 101030, 120175, 120215, 120220, and 120225:

**All persons without COVID-19 symptoms who have had close contact with a COVID-19 Patient must immediately take the following actions:**

1. Quarantine themselves in their home or another residence for at least 10 days and up to 14 days after the last contact with a COVID-19 Patient. All asymptomatic close contacts may discontinue quarantine after Day 10 from the date of last exposure with or **without** testing as long as they can self-monitor for COVID-19 symptoms through Day 14 and if symptoms occur, immediately self-isolate and contact their healthcare provider or local public health department and seek testing. Individuals released from quarantine prior to Day 14 shall also adhere strictly to all recommended

- non-pharmaceutical interventions, including consistent use of face coverings and maintaining a distance of at least 6 feet from others, through Day 14.
- a. If quarantined in a congregate setting, hotel or multi-unit setting, the person may not enter any other units within that setting. Persons may leave their place of quarantine to receive necessary medical care.
  - b. During critical staffing shortages when there are not enough staff to provide safe patient care, healthcare workers, emergency response, and social service workers who work face to face with clients in the child welfare or long term care setting are able to work after Day 7 from the date of last exposure if they have received a negative PCR test result from a specimen collected on or after Day 5 and continue to be asymptomatic. Respective individuals after Day 7 need to wear surgical face masks through Day 14 when leaving the home.
  - c. Health care employers with critical staffing shortages and lacking the staff to provide safe patient care may use [Contingency Capacity Strategies as described by CDC](#) where asymptomatic healthcare personnel (including in skilled nursing facilities during an outbreak when all staff are considered potentially exposed) are allowed to work with a surgical mask or respirator, but still report temperature and absence of symptoms each day until 14 days after exposure.
  - d. Persons who reside or work in a high-risk congregate living setting (e.g., skilled nursing facilities, prisons, jails, shelters) or persons residing or working with severely immunosuppressed persons (e.g., Bone marrow or solid organ transplants, chemotherapy) should still quarantine for 14 days in the absence of staffing shortages.
2. Carefully review and closely follow all requirements of the Health Officer and medical provider. *Home Quarantine Guidance for COVID-19 Close Contacts* should be followed by those on home quarantine, because of exposure to a COVID-19 Patient. Guidance is found here: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance.pdf>
  3. Unless otherwise authorized by this Order, a person under quarantine may not come within 6 feet of any person, excluding a treating medical professional, a law enforcement officer enforcing this Order, a representative of the Health Officer, any other person specifically authorized by the Health Officer, or a caretaker.
  4. If you develop symptoms, please contact your medical provider. Signs and symptoms that are consistent with COVID-19 include cough, shortness of breath or trouble breathing, fatigue, fever or chills, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea. Based on guidance from your medical provider, you may need to isolate and get tested for COVID-19.
    - a. The Public Health Officer's Isolation Order is accessible through the County's COVID-19 webpage:
      - i. [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/health-order.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html)).

Violation of, or failure to comply with, this Order is a misdemeanor punishable by imprisonment, fine, or both (California Health and Safety Code sections 120275 and 120295). This Order may be enforced by any law enforcement officer within an area subject to their jurisdiction for the purpose of preventing the

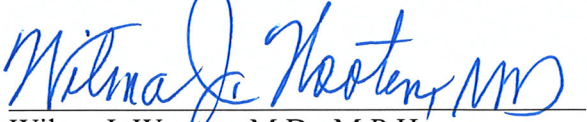
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spread of a contagious, infectious, or communicable disease (California Government Code sections 26602 and 41601, and California Health and Safety Code section 101029).

**IT IS SO ORDERED.**

A handwritten signature in blue ink, reading "Wilma J. Wooten, MD". The signature is written in a cursive style and is positioned above a horizontal line.

Wilma J. Wooten, M.D., M.P.H.

Public Health Officer

County of San Diego

Dated: December 24, 2020