

## HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Revised Order Issued: **March 16, 2022**

This Order supersedes the **February 1, 2022** Public Health Emergency Isolation 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This Order is in effect until rescinded by the Health Officer.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, regardless of vaccination status, previous infection or lack of symptoms, who reside or work in the Los Angeles County Health Jurisdiction, who have tested positive for or been diagnosed with COVID-19 are required to isolate (separate) themselves from others and follow all instructions in this Order until it's safe for them to be around others. A person is considered to be diagnosed with COVID-19 based on one or both of the following criteria:

- a) They received a positive viral test for COVID-19 and/or
- b) A healthcare provider clinically suspects that they have COVID-19

### **WHAT YOU ARE REQUIRED TO DO IF YOU HAVE COVID-19**

To prevent the spread of COVID-19, the County of Los Angeles Health Officer ("Health Officer") requires **everyone who tests positive for or is diagnosed with COVID-19, regardless of vaccination status, previous infection, or lack of symptoms** to immediately:

- a) Self-isolate (**stay in your home or another residence and away from others**) for at least 5 days, see "Duration of Self-Isolation" details below, and
- b) **Wear a highly protective mask until your isolation ends. If you meet the criteria to leave isolation before 10 days, it is *strongly recommended*\* that you continue to wear a highly protective mask around others, especially indoors, for a total of 10 days after either the positive COVID-19 viral test or the first full day after your symptoms developed. 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](http://ph.lacounty.gov/masks) for details about masks with best protection), and**

\*Note that return to work requirements for employees *require masks*. See [Return to Work \(Non-Healthcare\) Summary Table](#).

- c) **Tell your close contacts that they have been exposed and need to follow the [Instructions for Close Contacts to COVID-19](#) (if you have a positive viral test for COVID-19), and**
- d) **Answer the phone if you get a call from the Los Angeles County Department of Public Health ("Public Health") or (833) 641-0305 to complete a telephone interview or if you get a text message from Los Angeles County Department of Public Health complete the online case interview within 24 hours of receiving the text, and**
- e) **If interviewed, identify close contacts to Public Health ("Public Health") who may need assistance with quarantine or other referrals and resources, and**
- f) Follow all instructions in this Order.

**Workplace settings:** Employers may determine if their employees/contractors with COVID-19 must complete the full 10 days of isolation before returning to work or if they may return to work after Day 5, if all the required return to work criteria are met. See [Return to Work \(Non-Healthcare\) Summary](#)

**Table.** Employees/contractors are advised to obtain information from their employer. In workplace settings, employers and employees are subject to the Cal/OSHA COVID-19 Prevention Emergency Temporary Standards (ETS) and must follow the additional applicable ETS requirements for workplaces and for workplaces experiencing an outbreak of COVID-19 among its workforce. See [Responding to COVID-19 in the Workplace](#).

If you are a healthcare worker, see [Work Restrictions for Healthcare Personnel with SARS-CoV-2 Infection \(Isolation\)](#).

## **INSTRUCTIONS**

### **1. Self-Isolate Until You're Not at Risk for Spreading COVID-19 to Others**

You, regardless of your vaccination status, previous COVID-19 infection, or lack of symptoms, must isolate yourself (stay in your home or another residence and away from others) for at least 5 days and until you are no longer at risk for spreading COVID-19 (see "Duration of Self-Isolation" below). Until that time, you may not leave your place of isolation, except to receive necessary medical care.

You are required to self-isolate because you can spread COVID-19 to others. If you have a positive test, and have not done so already, consider contacting your healthcare provider, clinician advice-line, or telemedicine provider for a medical assessment and possible treatment.

You may be contacted by Public Health for a contact tracing interview. You must identify your close contacts, as defined below, to Public Health, so that Public Health may determine if there is an outbreak associated with your case and to limit further spread of the infection to others.

#### **Self-Isolation Instructions:**

While you are in isolation, you may not leave your place of isolation, 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 are required to follow 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>.

#### **Duration of Self-Isolation:**

You must stay home and isolate away from others for at least 5 days. How long you have to isolate depends on whether you have [symptoms](#) and if you get a negative follow-up viral test result taken from a specimen collected on Day 5 or later. If you test on day 5 or later, it is better to use an antigen test because NAAT/PCR tests are more likely to stay positive even after you are no longer infectious.

Please note: if you meet the criteria to end isolation before Day 11, it is *strongly recommended* that you wear a highly protective mask around others, especially in indoor settings, for a total of 10 days after the positive COVID-19 viral test or the first full day after your symptoms developed. In addition, for return to work, you are *required* to wear a mask for a total of 10 days after the positive COVID-19 viral test or the first full day after your symptoms developed. See [Return to Work \(Non-Healthcare\) Summary Table](#).

A) If you tested positive for COVID-19 and have symptoms or if your doctor thinks\* that you have COVID-19, you must stay home until:

- At least 5 days have passed since your symptoms first appeared; and
- You have a negative COVID-19 viral test<sup>1</sup> result from a specimen collected on Day 5 or later; and
- You have **not had a fever** for at least 24 hours without the use of fever-reducing medicine; and
- Your symptoms are not present or are improving.

**-OR-**

- At least 10 days have passed since your symptoms first started; and
- You have not had a fever for at least 24 hours without the use of fever-reducing medicine; and
- Your symptoms are not present or are improving.

Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

*\* If your doctor initially thought your symptoms were due to COVID-19 (and you did not test positive for COVID-19) but they reassessed your diagnosis and decided that you are not infected, you can stop isolating after 24 hours of being fever-free without the use of fever-reducing medicine. Note: If you are a close contact to a person with COVID-19 you must follow the instructions on the [Quarantine and Other Instructions for Close Contacts](#) webpage.*

B) If you tested positive for COVID-19 and you never develop symptoms, you must stay home until:

- At least 5 days have passed since your initial positive COVID-19 viral test result was taken, and
- You have a negative COVID-19 viral test<sup>2</sup> result from a specimen collected on Day 5 or later.

**-OR-**

- You must stay home for 10 days after your initial positive test was taken.

Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken. *Note: if you develop symptoms while you are isolated, you must follow the “Duration of Self-Isolation” as described above in Section (a).*

## **2. Tell Your Close Contacts That They Have Been Exposed and Need to Follow Quarantine Instructions**

If you have a positive viral test result, you must notify all of your close contacts, as defined below, that they have been exposed to COVID-19 and that they must follow the Instructions for Close

<sup>1</sup> The test must be an [FDA authorized](#) COVID-19 viral test such as an antigen or NAAT/PCR test. Antigen tests are preferred. 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.

<sup>2</sup> Same as above.

Contacts to COVID-19, which are available in English, Spanish, and other languages at <http://ph.lacounty.gov/covidquarantine>.

**Definition of Close Contact:**

For purposes of this Order, “close contact” is defined as any of the following people who were exposed to you while you were infectious:\*

- A person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period, or
- A person who had unprotected contact with your body fluids and/or secretions, for example, were coughed or sneezed on, shared utensils or saliva, or provided care without using appropriate protective equipment.

*\* You are considered to be infectious from 2 days before your symptoms first appeared until the time you are no longer required to be isolated. If you have a positive COVID-19 diagnostic (viral) test, but no symptoms, you are considered to be infectious from 2 days before your first positive test was taken until you are no longer required to be isolated (as described in “Duration of Self Isolation” above).*

**3. Complete a Case Investigation Interview with Public Health**

If you get a call or text message from Public Health, it is important that you respond to us. It may show on your phone as “LA PublicHealth” or 1(833) 641-0305. The text message will be from Los Angeles County Department of Public Health and will include a link to an online case interview. During the call, you’ll receive information about available services, have a chance to ask questions, and be asked to answer simple questions such as what places you have been to and what persons you were around while you were infectious.

**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 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 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**

- Home Isolation Instructions for People with COVID-19  
<http://ph.lacounty.gov/covidisolation> (English and other languages)  
<http://ph.lacounty.gov/covidaislamiento> (Spanish)

*Resources for Close Contacts*

- Instructions for Close Contacts to COVID-19  
<http://ph.lacounty.gov/covidquarantine> (English and other languages)  
<http://ph.lacounty.gov/covidcuarentena> (Spanish)
- Public Health Emergency Quarantine Order  
[http://ph.lacounty.gov/Coronavirus/docs/HOO/HOO\\_Coronavirus\\_Blanket\\_Quarantine.pdf](http://ph.lacounty.gov/Coronavirus/docs/HOO/HOO_Coronavirus_Blanket_Quarantine.pdf) (English)  
<http://ph.lacounty.gov/Coronavirus/reopening-la.htm#quarantine> (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:**



3/16/22

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

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**Date**