

## HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19 Public Health Emergency Quarantine Order

Revised Order Issued: **October 17, 2022**  
Effective as of 12:01am on **Tuesday, October 18, 2022**

This Order supersedes the **May 18, 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This Order is in effect until rescinded by the Health Officer.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):

**10/17/2022**

- Clarified that asymptomatic people who are close contacts to someone with COVID-19 must wear a highly protective mask around others while indoors for a total of 10 days after the last contact with a person infected with COVID-19. Masks are not required when outdoors.

### **PERSONS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER**

All individuals who reside or work in the Los Angeles County Health Jurisdiction who have been exposed to a person diagnosed with COVID-19 (close contacts), whether exempt from quarantine or not, are to follow the requirements of this Order specific to their situation and the instructions for quarantine, as indicated below.

This order does not apply to the management of exposed health care personnel working within the health care setting nor does it apply to the management of exposed Emergency Medical Service personnel working within the prehospital or healthcare setting. 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](#).

This order also does not apply to the management of exposed residents and, in terms of work restrictions or work exclusions, exposed staff in other specified high-risk settings. Exposed residents and staff in the following high-risk settings must follow the requirements specific to their setting:

- [Long-term care centers](#)
- [Adult and Senior Care Facilities](#)
- [Homeless shelters](#)
- [Correctional facilities and Detention centers](#)
- [Cooling centers and emergency shelters](#)

Due to Cal/OSHA COVID-19 Emergency Temporary Standards (ETS), workers in other settings who have been exposed are required to follow the Cal-OSHA [exclusions and/or return to work requirements](#). Refer to LA County [Responding to COVID-19 in the Workplace](#) for additional details. Please note that for exposures occurring within the workplace, Cal-OSHA uses a different definition of close contact.

Please note that for exposures at educational settings, a different definition of close contact for children/students may be used. See <http://ph.lacounty.gov/acd/ncorona2019/parents>.

### CLOSE CONTACTS WHO ARE EXEMPT FROM QUARANTINE

Regardless of your vaccination status, if you have been exposed to someone with COVID-19 and have **no** symptoms, you are **not** required to quarantine away from others.

You are required to:

- a) Wear a highly protective mask around others while 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](https://ph.lacounty.gov/masks) for details about masks with best protection; **and**
- b) Test\* within 3-5 days after your last exposure to determine your infection status; **and**  
(Please note: if you test positive, follow all isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation))
- c) Monitor yourself for symptoms for 10 days following your exposure; **and**  
(Please note: if symptoms develop, test and stay home away from others. If you test positive, follow all isolation requirements at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation))
- 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](https://ph.lacounty.gov/covidcontacts).

\*Testing is **not** required if you previously tested positive using a viral test for COVID-19 in the past 90 days, **as long as you have no symptoms**.

### 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.

Note that a different definition of “close contact” may be used if you are exposed while at work, school, or high-risk setting (being within 6 feet of an infectious person for a total of at least 15 minutes in a 24-hour period).

### 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 around others while indoors through Day 10. This includes wearing it at home. 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](https://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 titled “If You Develop Symptoms of COVID-19 and/or Receive a Positive Viral Test.”

- c. Monitor your health for 10 days following your exposure. If symptoms develop, see section below titled “If You Develop Symptoms of COVID-19 and/or Receive a Positive Viral Test.”

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 section above titled “Close Contacts Who Are Exempt from Quarantine”), you are required to 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 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.

- a) You may end your quarantine after Day 5 only if:
- You remain asymptomatic AND
  - You receive a negative COVID-19 viral test<sup>1</sup> 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.

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<sup>1</sup> 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.

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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, you are required to continue to monitor your health and you must continue to 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.

## 2. If You Develop Symptoms of COVID-19 and/or Receive a Positive Viral Test

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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 get a viral COVID-19 test.<sup>1</sup> It is recommended that you consider contacting your healthcare provider, clinician advice line, or telemedicine provider for a medical assessment and possible treatment. Continue to wear a highly protective mask around others though at least Day 10.

If you test positive for COVID-19 or your health care provider thinks you have COVID-19, continue to wear your mask and 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](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:**



10/17/2022

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

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**Date**