

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Date Revised Order Issued: July 21, 2020

This Order supersedes the April 5, 2020 Public Health Emergency Isolation Order and revision May 6, 2020. This Order is in effect until rescinded in writing by the Health Officer.

Please read this Order carefully. Violation of or failure to comply with this Revised Order is a crime punishable by fine, imprisonment, or both. (California Health and Safety Code §120295.)

WHO IS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER

All individuals who reside in the City of Pasadena Health Officer's Jurisdiction who have been diagnosed with or who are likely to have COVID-19 are required to isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with or likely to have COVID-19, based on one or more of the following criteria:

- a) They received a positive lab test for COVID-19 and/or
- b) They were informed by a physician that they are likely to have COVID-19 and/or
- c) They have symptoms that are consistent with COVID-19 (e.g., fever, cough, shortness of breath, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion, nausea/vomiting, or diarrhea).

WHAT YOU ARE REQUIRED TO DO IF YOU HAVE OR ARE LIKELY TO HAVE COVID-19

To prevent the spread of COVID-19, the Pasadena Health Officer ("Health Officer") hereby requires you to immediately:

- a) Self-isolate and
- b) Tell your close contacts to self-quarantine and
- c) Follow all instructions in this Order.

INSTRUCTIONS

If you have or are likely to have COVID-19 based on the criteria specified above, you are required to follow these instructions.

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

You must isolate yourself (stay in your home or another residence) until you are no longer at risk for spreading COVID-19. Until this time, you may not leave your place of isolation or enter any other public or private place, except to receive necessary medical care. However, if you are a healthcare worker or first responder who does not have symptoms (asymptomatic), you can follow return-to-work protocols established by your employer. If you are employed in the city of Pasadena, you must email nursing@cityofpasadena.net, call 626-744-6089, or fill out the form at <https://healthforms.cityofpasadena.net/v/WorkClearanceForm> to receive return-to-work guidance by the Pasadena Public Health Department before you can return to work.

You are required to self-isolate because you can easily spread COVID-19 to others, including people who are at higher risk for serious illness, such as older adults and people with weakened

immune systems or [underlying medical conditions](#).

Consider contacting your healthcare provider, clinician advice-line, or telemedicine provider for a medical assessment and to discuss whether you should be tested (if not already tested). If you are an older adult and/or have [medical conditions](#) that may put you at risk for becoming seriously ill, it is important to let your healthcare provider know early if you have new or worsening symptoms.

Seek urgent or emergency medical care immediately if you have trouble breathing, pressure or pain in your chest, or any other symptoms that are severe or concerning to you.

Self-Isolation Instructions: While you are self-isolated, you are required to follow the “Home Isolation Instructions for People with COVID-19 Infection,” which are available in [English](#), [Spanish](#), and [other languages](#). Carefully review and follow these instructions.

Duration of Self-Isolation:

- a) If you have COVID-19 symptoms, you must isolate yourself until:
 - o You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) and
 - o Your respiratory symptoms have improved (for example, cough or shortness of breath) and
 - o At least 10 days have passed since your symptoms first appeared.
- b) If you tested positive for COVID-19, but never had any symptoms, you must isolate yourself for 10 days after the date your test was taken. However, if you develop symptoms while you are isolated, you must follow the instructions for individuals with COVID-19 symptoms (See above).

2. Tell Your Close Contacts to Self-Quarantine

You must notify all of your close contacts, as defined below, that they are required to be in quarantine (stay in their home or another residence), because they have likely been exposed to COVID-19 and if infected, can easily spread it to others. While self-quarantined, they may not leave their place of quarantine or enter public or private places, except to receive necessary medical care. However, if your close contacts are healthcare personnel or first responders who do not have symptoms (asymptomatic), they can follow return-to-work protocols established by their employer.

Definition of Close Contact: For purposes of this Order, “close contact” is defined as any of the following people who were exposed to a person diagnosed with or likely to have COVID-19 (“infected person”) while they were infectious*:

- a) An individual who was within 6 feet of the infected person for at least 15 minutes, or
- b) An individual who had unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without using appropriate protective equipment.

* An infected person is anyone with COVID-19 or who, because of their symptoms, is suspected to have COVID-19. Infected persons are considered to be infectious from 48 hours 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 test, but with no symptoms, is considered to be infectious 48 hours before their test was taken until 10 days after their test was taken.

Self-Quarantine Instructions: Your close contacts are required to follow the Pasadena “[Public Health Emergency Quarantine Order](#)” for COVID-19 and all directions in the “Home Quarantine Instructions for Close Contacts to COVID-19,” which are available in [English](#), [Spanish](#), and [other languages](#).

Duration of Self-Quarantine: Your close contacts are required to self-quarantine for 14 days after their last contact with you (the typical time between exposure and when symptoms and signs of the disease may develop). You must stay in quarantine for 14 days regardless of any test results you may receive. A negative test result does not shorten your quarantine since you could become ill any time during the 14 days, after your test. During this time, you could spread COVID-19, even if you do not have any symptoms or if you only have mild symptoms.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of Novel Coronavirus (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. California is in a State of Emergency because of the COVID-19 pandemic and COVID-19 is a substantial danger to the health of the public within the County of Los Angeles. The virus can easily spread between people who are in close contact with one another. Everyone is at risk for becoming ill, but some people are at higher risk for serious illness (including pneumonia or organ failure) or death due to their age, physical state, and/or health status. There is no vaccine available to protect against COVID-19 and no proven treatment for the disease.

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 Health Officer Order is made under the authority California Health and Safety Code Sections 101040, 101085, 120175, 120215, 120220, and 120225. 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, to protect the public’s health if an individual who is subject to this Order violates or fails to comply with this Order. Violation of this Order is also a misdemeanor punishable by imprisonment, fine, or both.

QUESTIONS REGARDING THIS ORDER

If you have questions regarding this Order, call the Pasadena Public Health Department at (626) 744-6089.

IT IS SO ORDERED:



Ying-Ying Goh, MD, MSHS

Health Officer, City of Pasadena

7/21/2020

Date