

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Date Revised Order Issued: January 11, 2021

This Order supersedes the April 5, 2020 Public Health Emergency Isolation Order and revisions May 6, 2020 and July 21, 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 This Order is in effect until rescinded in writing by the Health Officer.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 diagnostic (viral) test for COVID-19 and/or
- b) A healthcare provider clinically suspects that they 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 (see "Duration of Self-Isolation," below). 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 infection), you may be permitted to return to work if your employer is experiencing critical staffing shortages and must follow return-to-work protocols established by your employer. All others not performing critical healthcare or first responder work must adhere to this order. 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 to people who are at higher risk for serious illness, such as older adults and people with weakened immune systems or [underlying medical conditions](#).

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.

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 At least 10 days have passed since your symptoms first appeared, and
 - o You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) and
 - o Your symptoms have improved.
- b) If you tested positive for COVID-19, but never had any symptoms, you must isolate yourself for 10 days after the date your diagnostic (viral) test was taken. However, if you develop symptoms while you are isolated, you must follow the instructions for individuals with COVID-19 symptoms (see Section (a), above).
- c) If a healthcare provider informs you that they clinically suspect you have COVID-19, you must remain in isolation until either:
 1. At least 10 days have passed since your symptoms first appeared, and you have had no fever for at least 24 hours (without the use of medicine that reduces fevers) and your symptoms have improved; OR
 2. The healthcare provider reassesses your diagnosis and concludes that you do not have COVID-19 AND at least 24 hours have passed since your last fever, without the use of medicine that reduces fever.
- d) If you are immunocompromised or have severe illness, your duration of self-isolation may be extended by the Pasadena Public Health Department (at least 20 days) because you may be infectious to others for a longer period of time.

NOTE: if you are currently in quarantine as a close contact to a person with COVID-19, you must continue to follow the instructions in the self-quarantine order even if you receive a negative COVID-19 test or a healthcare provider concludes that you do not have COVID-19.

2. Tell Your Close Contacts to Self-Quarantine

You must notify all of your close contacts, as defined below, that they are required to quarantine (stay in their home or another residence and away from others), because they have been exposed to COVID-19 and if infected, can easily spread it to others even if they have no symptoms. While self-quarantined, they may not leave their place of quarantine or enter public or private places, except to receive necessary medical care.

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

* You are considered to be infectious from 48 hours before your symptoms first appeared until the time you are no longer required to be isolated (as described in “Duration of Self-Isolation,” above). If you had a positive COVID-19 test, but with no symptoms, you are 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](#).

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 City of Pasadena. 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.

This Order is based upon scientific evidence and best practices, as currently known and available. Isolation and quarantine are recommended by the US 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 City of Pasadena 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

1/11/2021

Date