

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Revised Order Issued: **January 13, 2022**

This Order supersedes the April 5, 2020 Public Health Emergency Isolation Order and revisions May 6, 2020, July 21, 2020, January 11, 2021, September 3, 2021, December 31, 2021 and January 3, 2022. This Order is in effect immediately until rescinded in writing by the Health Officer. **Revisions are highlighted in yellow.**

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, **regardless of vaccination status, previous infection or lack of symptoms**, who reside **or work** in the City of Pasadena Health Jurisdiction who have tested **positive for or** been diagnosed with COVID-19 are required to isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with COVID-19, based on one of more of the following criteria:

- a) The person received a positive viral test for COVID-19 and/or
- b) A healthcare provider clinically suspects that the person has COVID-19.

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 **for at least 5 full days or longer, see “Duration of Self-Isolation” below**, and
- b) Identify your close contacts to the Pasadena Public Health Department (“PPHD”) when interviewed for the purposes of contact tracing and
- c) Tell your close contacts that they have been exposed and need to self-quarantine and
- d) Contact the Pasadena Public Health Department at 626-744-6144 within 24 hours of receiving this Order, unless you have already completed a contact tracing interview and
- e) Follow all instructions in this Order.

*** People with high likelihood of COVID-19 infection (because they have symptoms consistent with COVID-19 and are close contacts of people infected with COVID-19) should also follow this isolation order.

INSTRUCTIONS

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

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 full days AND** 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.

This order does not apply to healthcare personnel, including Emergency Medical Services personnel, in any setting. Healthcare personnel and EMS should follow the COVID-19 exposure protocols as outlined

in the relevant Centers for Disease Control and Prevention (CDC) guidelines including: [Work Restrictions for HCP with SARS-COV-2 Infection and Exposures](#). *When not working in this healthcare capacity, you must adhere to this isolation order.* All others not performing critical healthcare 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. 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.

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

Self-Isolation Instructions: While you are isolating, you are required to follow the [Home Isolation Instructions for People with COVID-19 Infection](#). You must wear a well-fitting mask around others, indoors and outdoors, for a total of 10 days. Adults should wear a well-fitting medical grade mask (surgical or respirator). Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

Duration of Self-Isolation:

Everyone with COVID-19, regardless of vaccination status, previous infection, or lack of symptoms, must stay on isolation for at least 5 days. How long you must isolate depends on whether you have symptoms and if you get a negative follow-up viral test on day 5 or later.

- A) If you tested positive for COVID-19 or if your doctor thinks you have COVID-19, you must stay home until:
- At least 5 days have passed since your symptoms first appeared (i.e., you are on Day 6), AND
 - A viral test[†] collected on Day 5 or later is NEGATIVE for COVID-19, AND
 - You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) AND
 - You currently have no symptoms or your symptoms are significantly improved and resolving.

Persons meeting ALL of the above criteria may choose to exit isolation no earlier than Day 6.

OR

- At least 10 days have passed since your symptoms first appeared (i.e., you are on Day 11), AND
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) AND
- You currently have no symptoms or your symptoms are significantly improved and resolving.

Day 0 is the day you first had symptoms, and Day 1 is the first full day after your symptoms started.

If you are unable to test or choose not to test on Day 5, you must isolate yourself for 10 days and can leave isolation on Day 11 if you have not had fever in at least 24 hours (without use of medicine that reduces fevers) and symptoms are significantly improved and resolving. If you continue to have a fever, you must continue to isolate until the fever has resolved for at least 24 hours.

- B) If you tested positive for COVID-19 and you never developed symptoms, you must stay home until:
- At least 5 days have passed since your symptoms first appeared (i.e., you are on Day 6), AND
 - A viral test[†] collected on Day 5 or later is NEGATIVE for COVID-19.

OR

- At least 10 days have passed since your positive test (i.e., you are on Day 11).

NOTE: If you develop symptoms while you are isolated, you must follow the instructions in Duration of Self-Isolation section (A). Day 0 is the day your positive test was taken, and Day 1 is the first full day after your positive test was taken.

You must wear a well-fitting mask around others, indoors and outdoors, until day 11 from when your symptoms first appeared (or date of positive test if asymptomatic). Adults should preferably wear a well-fitting mask with a higher level of protection with a nose wire (such as a medical-grade surgical mask (3-ply surgical mask), KN95 or N95 respirator). Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

† An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable; however, it is recommended that persons use an antigen test for ending isolation because a PCR may remain positive for longer. Exposed persons who were infected with SARS-CoV-2 within 90 days prior to their current exposure should also use an antigen test.

2. Tell Your Close Contacts to Self-Quarantine

You must notify all of your close contacts who are not fully vaccinated AND boosted if booster eligible (see Pasadena “[Public Health Emergency Quarantine Order](#)”), 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 2 days 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 no symptoms, you are considered to be infectious from 2 days before the test was taken until the time you are no longer required to be isolated (as described in “Duration of Self-Isolation,” above).

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](#).

3. Contact Pasadena Public Health within 24 Hours of Receiving this Order to Complete a Contact Tracing Interview

If you have not yet been interviewed by the Pasadena Public Health Department about your current COVID-19 diagnosis, you are required to call 626-744-6144 within 24 hours of receiving this Order to complete a confidential contact tracing 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 who you have been around while you were infectious. The people you tell the contact tracing team about will be contacted and asked to stay home to help prevent others from getting sick but won't be given your name or contact information.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of SARS-CoV-2 virus (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 COVID-19 illness, hospitalization, and death. Fully vaccinated and boosted persons are at lowest risk of getting infected and are well-protected from severe illness, hospitalization and death from COVID-19. However, it is still possible for fully vaccinated or fully vaccinated and boosted 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 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

1/13/2022

Date