

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: July 21, 2020

This Order supersedes the April 5, 2020 Public Health Emergency Quarantine 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 This Order is in effect until rescinded in writing by the Health Officer.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 in close contact with a person who was diagnosed with or was likely to have COVID-19 while they were infectious are required to quarantine themselves and follow all instructions in this Order. This is because this exposure puts them at high risk for developing and spreading COVID-19.

WHAT YOU ARE REQUIRED TO DO IF YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON WHO HAS OR IS 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-quarantine and
- b) Self-isolate if you become ill with fever, cough, or shortness of breath, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion, nausea/vomiting, or diarrhea and
- c) Follow all instructions in this Order.

INSTRUCTIONS

If you have been in close contact with a person who was diagnosed with or was likely to have COVID-19, as defined in this Order, you are required to follow these instructions.

1. Self-Quarantine Until You Are Not at Risk for Spreading COVID-19

You must quarantine 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 quarantine 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 the return-to-work protocols required by your employer.

You are required to self-quarantine because it is likely that you have been exposed to COVID-19. If you're infected, 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](#).

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.

A person is considered to be diagnosed with or likely to have COVID-19 if they:

- a) Received a positive lab test for COVID-19 and/or
- b) Were informed by a physician that they are likely to have COVID-19 and/or
- c) 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).

Self-Quarantine Instructions: You are required to follow 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: You are required to self-quarantine for 14 days after your last contact with the person who has or is likely to have COVID-19. You must stay in quarantine for this entire 14-day period because this is how long it can take for symptoms and signs of COVID-19 to develop (incubation period). 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.

2. If You Become Sick, Self-Isolate Until You Are Not at Risk for Spreading COVID-19

If you become sick with fever, cough, or shortness of breath, you must isolate yourself at home and away from other people and follow the Pasadena [“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](#). These actions are required because due to your symptoms, it’s likely that you have COVID-19 and could spread the virus to others.

If you do develop fever, cough, shortness of breath, or any other [signs and symptoms of COVID-19](#), you should 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 recommended). If you are an older adult and/or have [medical conditions](#) that may put you at higher 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.

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. 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 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

7/21/2020

Date