

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: **November 16, 2022**

This Order supersedes the April 5, 2020 Public Health Emergency Quarantine Order and revisions May 6, 2020, July 21, 2020, January 11, 2021, March 18, 2021, September 3, 2021, September 16, 2021, December 31, 2021, January 14, February 3, March 21, April 18, 2022, and **June 14, 2022**. This Order is in effect immediately until rescinded in writing by the Health Officer. **Revisions are highlighted in yellow.**

Please read this ENTIRE 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.)

PERSONS REQUIRED TO FOLLOW THIS HEALTH OFFICER ORDER

All individuals who reside or work in the City of Pasadena Jurisdiction who have been exposed to someone who was diagnosed with COVID-19 (close contacts), whether exempt from quarantine or not, are required to follow the requirements of this Order specific to the individual's situation and the instructions for quarantine, as indicated below.

This Order does not apply to the management of exposed healthcare 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.

Due to Cal/OSHA COVID-19 Prevention 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](#). Please note that for exposures occurring in 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 [COVID-19 Exposure Management Plan Guidance in TK-12 Schools](#).

CLOSE CONTACTS WHO ARE EXEMPTED 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.

Even though you are not required to quarantine away from others, you may choose to do so to reduce the risk to those around you. In addition, you ARE REQUIRED to:

- Wear a highly protective mask, when around others while indoors and when in close contact with (within 6 feet of) others while outdoors for 10 full days after exposure. The mask should be a well-fitting medical mask or respirator or a well-fitting high filtration reusable mask* with a nose-wire; **and**
- Test for COVID-19 (within 3-5 days after your last exposure) to determine your infection status. **If testing negative before Day 3, retest a day later at least once, during the 3–5 day window following exposure.** If you test positive, follow all [isolation requirements](#); **and**
- Monitor yourself for symptoms for 10 days following your exposure; **and** isolate away from others and test for COVID-19 immediately if you develop symptoms. Stay home while waiting for test results and follow all [isolation requirements](#) if you test positive.

*Testing is NOT required if you previously tested positive using a viral test for COVID-19 in the past 30 days, so long as you have NO symptoms.

WHAT YOU, AS A RESIDENT OF A HIGH-RISK SETTING, ARE REQUIRED TO DO IF YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON WHO HAS COVID-19**

If you are a resident in a High-Risk Setting, and a close contact of someone with COVID-19 and are either unvaccinated or not up to date¹ on COVID-19 vaccine and you have not been infected with COVID-19 within the prior 30 days[^], you must, at a minimum:

- a) Quarantine for at least 5 days after last exposure. Quarantine can end after Day 5 (on Day 6) if symptoms are not present and a viral diagnostic specimen collected on Day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after Day 10 (on Day 11); **and**
- b) Monitor your health for 10 full days (and isolate and test if you have symptoms); **and**
- c) Wear a highly protective, well-fitting mask around others, especially indoors, for a total of 10 full days (until Day 11) after the last contact with a person with COVID-19. The mask should be a well-fitting medical mask or respirator or a well-fitting high filtration reusable mask* with a nose-wire.

[^] Persons previously infected in the last 31–90 days should also test if a close contact, even if asymptomatic and regardless of vaccination status, given the increased transmissibility and increased repeat infections with the circulating Omicron variant, and the higher likelihood that they may be infected.

*Cloth masks meeting American Society for Testing and Materials (ASTM) standards for high filtration efficiency ([ASTM F3502-level 2](#)) are permitted.

** A high-risk setting is one in which transmission risk is high (e.g., setting with a large number of persons who may not receive the full protection from vaccination due to co-existing medical conditions), and populations served and/or residing in those settings are at risk of more serious COVID-19 disease consequences including hospitalization, severe illness, and death. High-risk settings include: Long Term Care Settings and Adult and Senior Care Facilities; and Healthcare Settings.

The above requirements are the minimum requirement for exposed residents of High-Risk Settings. If the site-specific requirements are more protective, you must follow those.

INSTRUCTIONS FOR STAFF AT HIGH-RISK SETTINGS:

If you are a staff member at a High-Risk Setting, and a close contact of someone with COVID-19 and are either unvaccinated or incompletely vaccinated and you have not been infected with COVID-19 within the prior 30 days, you should exclude yourself from work for at least 5 days after last exposure. If permitted by your employer, your work exclusion can end after Day 5 (on Day 6) if symptoms are not present and a viral diagnostic specimen collected on Day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, work exclusion can end after Day 10 (on Day 11).

- Monitor your health for at least 10 days. If symptoms develop, stay home and test as soon as possible; **and**
- Wear a highly protective mask, around others, especially indoors, for a total of 10 days after

the last contact with a person infected with COVID-19, and test as soon as possible after last exposure to determine infection status.

The above requirements are the minimum requirement for exposed staff at High-Risk Settings. If the site-specific requirements are more protective, you must follow those.

If you are a healthcare worker, your employer may permit you to continue to work consistent with current CDC guidelines for [Return to Work Criteria for Healthcare Personnel](#).

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 are required to:

- I. Wear a highly protective well-fitting mask around others indoors, and also while outdoors when close to others (within 6 feet), for 10 full days after the last contact with a person infected with COVID-19. This includes wearing a mask while at home. The mask should be a well-fitting medical mask or respirator or a well-fitting high filtration reusable mask* with a nose-wire. (See CDC guidance on [Types of Masks and Respirators](#) for details about masks with best protection).
- II. 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 following notification of exposure to a person infected with COVID-19. Then, if you test negative, test again on or after Day 5.

If your test result is positive, see section below (If You Develop Symptoms of COVID-19 and/or Test Positive).

- III. Monitor your health for 10 full days following your exposure to a person infected with COVID-19. If symptoms develop, see section below (If You Develop Symptoms of COVID-19 and/or Test Positive).

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 “Close Contacts Who Are Exempted from Quarantine” above), you are required to self-quarantine (stay in your home or another residence, away from others OR stay away from others if you are a resident of a High-Risk Setting). This is because you have been exposed to the virus that causes COVID-19 and may become infected and spread it 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 [Instructions for Quarantine](#).

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. Note: if you are a resident of a High-Risk Setting, these are the minimum requirements. If the site-specific requirements are more protective, you must follow those.

- a) **Your quarantine may end on Day 6** only if you remain asymptomatic AND you receive a negative COVID-19 viral test*** result taken from a specimen collected on Day 5 or later.
- b) **Your quarantine can end ON DAY 11 IF** you are unable to test or choosing not to test.

NOTE: Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure.

If you meet the criteria to end quarantine before Day 11, it is **required** that you wear a highly protective, well-fitting mask around others indoors, and also while outdoors when close to others (within 6 feet), for a total of 10 full days after the last contact with a person infected with COVID-19. Return to work requirements for employees **require** masks.

*** *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 reported in a certain way. For more information, check with your employer and see [Cal-OSHA Testing FAQs](#).*

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

If at any time during your quarantine period you develop any symptoms of COVID-19, you must immediately isolate yourself (stay in your home or another residence and away from others) and get a viral COVID-19 test***. It is recommended that you consider contacting your healthcare provider, a clinician advice line, or telemedicine provider for a medical assessment and possible treatment. Continue to wear a highly protective mask when around others through at least Day 10.

If you test positive for COVID-19 or your healthcare provider diagnoses you with COVID-19, you must continue to wear your mask and follow the Pasadena [Public Health Emergency Isolation Order](#) for COVID-19 and the [Home Isolation Instructions for People with COVID-19 Infection](#).

Definition of “Close Contact”:

For purposes of this Order, “close contact” is defined as **the following:**

- a) **In indoor airspaces that are 400,000 cubic feet or less per floor:** A person who has shared the same indoor airspace as an infected person (laboratory-confirmed or clinical diagnosis) 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 the infected person’s infectious period. This shared indoor airspace definition **must** be used for identification of workplace close contacts per Cal/OSHA COVID-19 Prevention [Emergency Temporary](#)

Standards (ETS).

- b) **In indoor airspaces that are greater than 400,000 cubic feet per floor or outdoor exposures:** A person who was within 6 feet of an infected person (laboratory-confirmed or clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period during the infected person's infectious period. NOTE: Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, break/eating areas separated by floor-to-ceiling walls) are considered to be distinct indoor airspaces.

Infected persons are considered to be infectious from 2 days 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 viral diagnostic COVID-19 test, but with no symptoms, is considered to be infectious 2 days before their test was taken until the time they are no longer required to be isolated.

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).

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

- a) They received a positive viral diagnostic test for COVID-19 **and/or**
- b) A healthcare provider determined COVID-19 is likely due to symptoms and history.

¹Definition of "Up to date" with your COVID-19 vaccine doses:

For the purposes of this order, you are "up to date" on COVID-19 vaccines when you are fully vaccinated, and when eligible, have received your booster dose(s). See CDC's [Different COVID-19 Vaccines](#) and [COVID-19 Vaccine Booster Shot](#) information.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of SARS-CoV-2 (COVID-19) - particularly in light of new, more infectious variants such as Omicron for which there is evidence of lower efficacy of a primary vaccine series - to protect individuals at higher risk of severe illness, and to protect the healthcare 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. 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.

People who are not vaccinated against COVID-19 are at the highest risk of COVID-19 illness, hospitalization, and death. People who are up to date on COVID-19 vaccinations 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 them 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:



11/16/2022

Eric G. Handler, MD, MPH, FAAP

Date

Health Officer, City of Pasadena