

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Revised Order Issued: January 11, 2021

This Order supersedes the April 5, 2020 Public Health Emergency Quarantine 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 This Order is in effect until rescinded in writing by the Health Officer.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 in close contact with a person who was either diagnosed with COVID-19 (based on a positive diagnostic [viral] COVID-19 test result) or was likely to have COVID-19 while that person was 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) Follow all instructions in this Order.

INSTRUCTIONS

1. Self-Quarantine to Reduce Your Risk of Spreading COVID-19

You are required to self-quarantine (separate yourself from others) because it is likely that you have been exposed to COVID-19. If you're infected, you can easily spread COVID-19 to others.

You must quarantine yourself (stay in your home or another residence) to reduce your risk of spreading COVID-19. When you are in quarantine, you may not leave your place of quarantine or enter any other public or private place, except to receive necessary medical care or a test for COVID-19 (which is recommended for close contacts).

However, if you are a healthcare worker, a first responder, or a social services worker (who works face to face with clients in the child welfare system or in assisted living facilities) and you do not have symptoms (are asymptomatic), you may be permitted to return to work if your employer is experiencing staffing shortages. You should follow the return-to-work protocols established by your employer. When not doing your essential work, you must adhere to this quarantine order.

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 a positive diagnostic (viral) COVID-

19 test or likely to have COVID-19 (“infected person”) while they 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) 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 :

- 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).

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 (separate yourself from others) for 10 days after your last contact with the person who has or is likely to have COVID-19. You may end your quarantine after Day 10 if you did not develop any [symptoms](#) of COVID-19 AND you take the following precautions:

From Day 11-Day 14 after your last contact with the infected person you must

- 1) Be extra careful to reduce the spread of COVID-19, including **wearing a face covering whenever around others, keeping a distance of at least 6 feet from others, AND washing your hands often.**
- 2) Continue to monitor yourself daily for COVID-19 symptoms.

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 isolate yourself and contact your healthcare provider, a clinician advice line, or telemedicine provider for a medical assessment and arrange a test for COVID-19.

- If you test positive for COVID-19 or your healthcare provider thinks you have COVID-19, you must 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](#).
- If you test negative for COVID-19 and/or your healthcare provider thinks that you do not have

COVID-19, you must complete your 10 day quarantine period, follow all instructions in this order including symptom monitoring for 4 more days, AND stay home until at least 24 hours after your fever has gone away without using medicines that reduce fever.

- If you don't get tested, you should isolate for at least 10 days from when your symptoms first started, follow all instructions in this order including symptom monitoring for 4 more days, and stay at home until at least 24 hours after your fever has gone away without using medicines that reduce fever.

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