



# County of San Diego

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**HEALTH AND HUMAN SERVICES AGENCY**  
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**WILMA J. WOOTEN, M.D.**  
PUBLIC HEALTH OFFICER

## **ORDER OF THE HEALTH OFFICER**

(Isolation of All Persons with or Likely to have COVID-19)

The spread of coronavirus disease 2019 (COVID-19) is a substantial threat to the public's health. San Diego County is currently subject to a declared local health emergency and a proclaimed local emergency due to the COVID-19 pandemic, and the Governor of the State of California proclaimed a state of emergency. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness due to age or underlying health conditions. In order to slow the spread of COVID-19 and prevent the healthcare system in San Diego County from being overwhelmed, it is necessary for the Health Officer of the County of San Diego (Health Officer) to require the isolation of persons diagnosed with, or likely to have COVID-19.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 120130, 120175, 120215, 120220, and 120225:

1. **All persons who have been diagnosed with, or are likely to have COVID-19, must immediately take the following actions:**
  - Isolate in their home or another residence. If isolated in a congregate setting, hotel or multi-unit setting, the person may not enter any other units within that setting. Persons may only leave their place of isolation to receive necessary medical care.
  - Carefully review and closely follow all requirements of the Health Officer and medical provider.
  - A copy of the Home Isolation Instructions is accessible through the County's COVID-19 webpage:  
<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID%20Home%20Isolation%20Instructions%20for%20COVID-19.pdf>.
  - Notify all persons in close contact that they may need to quarantine themselves after the last contact, as noted in Public Health Officer's Quarantine Order.
    - The Public Health Officer's Quarantine Order is accessible through the County's COVID-19 webpage:  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/d/2019-nCoV/health-order.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/d/2019-nCoV/health-order.html).
    - A person is considered to be a close contact of a person diagnosed with, or likely to have COVID-19, if sharing the same indoor airspace (i.e., home, clinic waiting room, or airplane), for a cumulative total of 15 minutes or more over 24 hours (e.g., exposed to three infected individuals, three 5-minute exposures, for a total of 15 minutes), during an infected person's laboratory-confirmed or clinically diagnosed infectious period.

- Not come within 6 feet of any person, excluding a treating medical professional, a law enforcement officer enforcing this Order, a representative of the Health Officer, any other person specifically authorized by the Health Officer, or a caretaker.
2. **Individuals are required to isolate themselves because they have, or are likely to have, COVID-19. Isolation is immediately required if a person meets one or more of the following criteria:**
- a. A confirmed positive diagnostic laboratory test for COVID-19; or
  - b. Signs and symptoms that are consistent with COVID-19 (cough, shortness of breath or trouble breathing, fatigue, fever or chills, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea); or
  - c. A physician has informed the individual that they are likely to have COVID-19.

Such persons are required to be isolated because a person infected with, or likely to have COVID-19, can easily spread the virus to others. Isolation separates these persons from others to prevent the spread of COVID-19 and protects those at higher risk for serious illness, such as older adults and people who have underlying health conditions.

The person shall cooperate with any physician or persons authorized by the Health Officer to perform medical observation during the period of isolation.

3. **Isolation under this Order, regardless of vaccination status, shall continue until the occurrence of one of the following, as applicable:**
- Symptomatic Person (with repeat testing)
    - At least 5 days have passed since symptoms first appeared **AND**
    - At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    - A repeat diagnostic test (either PCR or antigen) taken on day 5 or later is negative **AND**
    - Other symptoms improved.
    - After this period, a mask shall be worn until 10 days after symptoms have first appeared, as well as following any and all other facial covering requirements, except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#).
  - Symptomatic Person (without repeat testing)
    - At least 10 days have passed since symptoms first appeared **AND**
    - At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    - Other symptoms improved.
  - Asymptomatic Person (with repeat testing)
    - At least 5 days have passed since the date of their first positive COVID-19 diagnostic test **AND**
    - A repeat diagnostic test (antigen test or PCR test) collected on day 5 or later is negative.
    - A mask shall be worn until 10 days after the date of their first positive COVID-19 diagnostic test, as well as following any and all other facial covering requirements, except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#).
  - Asymptomatic Person (without repeat testing)
    - At least 10 days have passed since the date of their first positive COVID-19 diagnostic test.

Until the isolation period has ended, individuals may not leave their place of isolation or enter any public or private places, except to receive necessary medical care or testing. Termination of isolation pursuant to this section shall not *per se* constitute public health clearance to return to work or school.

4. **Health care workers shall not return to work**, except in the situation of a contingency or crisis situation, until (see [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 \(CDC\)](#) and current CDPH All-Facility Letters):
- If asymptomatic, or with mild and improving symptoms,
    1. 10 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, **OR**
    2. If not up-to-date<sup>1</sup> with vaccination, 7 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, if a negative PCR or antigen test is obtained within 24 hours of return to work, **OR**
    3. If up-to-date with vaccination, 5 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, if a negative PCR or antigen test is obtained within 24 hours of return to work.
  - Health care workers with severe or critical illness shall not return to work until
    1. 20 days after the onset of symptoms **AND**
    2. At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    3. Other symptoms improved.
  - Health care workers with moderate to severe history of immunocompromise require internal occupational health consultation before returning to work, in addition to these conditions.
  - Health care facilities with contingency or critical staffing shortages may waive these conditions. Implementation in health care facilities is contingent on applicable California Department of Public Health regulations and All-Facility Letters (AFLs). See [Strategies to Mitigate Healthcare Personnel Staffing Shortages \(CDC\)](#).
5. **Other restrictions may apply for individuals who live, work or attend school in certain settings, including high-risk congregate living settings** and persons working with severely immunosuppressed patients. In addition to any and all applicable state and federal regulations, review the following documents for more information:
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>  
<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>  
<https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html#vaccines>  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx>


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<sup>1</sup> People are considered [current and up-to-date](#) for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). However, if **more than 5 months** has passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or **more than 2 months** from a 1-dose series (Johnson and Johnson/Janssen), **a booster is required to be considered current and up-to-date**.

6. Violation of, or failure to comply with, this Order is a misdemeanor punishable by imprisonment, fine, or both (California Health and Safety Code sections 120275 and 120295). This Order may be enforced by any law enforcement officer within an area subject to their jurisdiction for the purpose of preventing the spread of a contagious, infectious, or communicable disease (California Government Code sections 26602 and 41601, and California Health and Safety Code section 101029).

**IT IS SO ORDERED.**



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Wilma J. Wooten, M.D., M.P.H.  
Public Health Officer  
County of San Diego

Dated: July 6, 2022