



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES
3851 ROSECRANS STREET, MAIL STOP P-578
SAN DIEGO, CA 92110-3134
(619) 531-5800 • FAX (619) 542-4186

WILMA J. WOOTEN, M.D.
PUBLIC HEALTH OFFICER

ORDER OF THE HEALTH OFFICER (Quarantine of Persons Exposed to COVID-19)

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. 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. 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 quarantine of persons exposed to COVID-19.

Household contacts, intimate partners, caregivers, and any other person who have been in close contact with a person either diagnosed with COVID-19, or likely to have COVID-19 (COVID-19 Patient), are subject to this Order unless a specific exception applies. A “close contact” is someone 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.

This order requires persons to follow the quarantine periods and measures applicable to their unique situation. The length of the quarantine, and the measure to be taken, may be different based on factors such as vaccination status, health conditions, COVID-19 symptoms, workplace setting, or school setting. Since these requirements may change based on new data, this Order incorporates detailed quarantine criteria and measures in the hyperlinks below. If the documents linked below are updated, those updates will automatically be part of this Order.

This Order does not prevent an employer, school, facility, the California Department of Public Health (CDPH), or a licensing agency from imposing more stringent quarantine requirements.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 101030, 120175, 120215, 120220, and 120225:

1. All Persons who are “close contacts” as stated above shall comply with the applicable quarantine measures set forth below.
 - a) Members of the **general public** who are close contacts shall follow all applicable quarantine measures identified in the California Department of Public Health’s most recent *Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public*. The current

version is available here, and may be subsequently amended:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

- b) Qualifying **health care personnel** shall comply with the most recent *California Department of Public Health's Guidance on Quarantine and Isolation for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19*, the current version is available here, and may be subsequently amended:

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>.

- c) **Schools** may follow the quarantine guidance set forth in the most recent COVID-19 Public Health Guidance for K-12 Schools in California, 2022-23 School Year. The current version is available here, and may be subsequently amended:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx>

2. During critical staffing shortages, employers may use alternative quarantine/work exclusion guidance for their workforce or facility where specifically permitted by CDPH or an applicable State licensing agency (e.g., waiver from Cal/OSHA from the return- to-work requirements of the Emergency Temporary Standards).
3. For the purpose of meeting the negative COVID-19 test requirement to end quarantine, any US Food and Drug Administration (FDA) approved/authorized COVID-19 diagnostic viral test, including nucleic acid amplification (NAAT) tests (e.g., lab-based PCR, loop mediated amplification [LAMP] tests) or antigen test, is sufficient for all settings including workplace settings.
4. Additional updates to quarantine periods, measures to be taken, and exceptions, may occur subsequent to the date of this Order. These updates will be posted adjacent to the section labeled "Quarantine Order" on the following County webpage: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html. Any such updates posted on this webpage will automatically become part of this Order, and will take precedence over any inconstant provision included in the sections above. **Any person subject to this Order should regularly check this webpage for updates.**

Home Quarantine Guidance for COVID-19 Close Contacts should be followed by those on home quarantine, because of exposure to a COVID-19 Patient. Guidance is found here: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance.pdf>

Unless otherwise authorized by this Order, or an applicable quarantine protocol incorporated into this Order, a person under quarantine may 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.

If you develop symptoms, please contact your medical provider. Signs and symptoms that are consistent with COVID-19 include 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

Health Officer Quarantine Order

July 6, 2022

Page 3

vomiting, or diarrhea. Based on guidance from your medical provider, you may need to isolate and get tested for COVID-19. Public Health Officer's Isolation Order is accessible through the following County webpage:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html.

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:



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

Dated: July 6, 2022