

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Revised Order Issued: December 31, 2021

This Order supersedes the April 5, 2020 Public Health Emergency Isolation Order and revisions May 6, 2020, July 21, 2020, January 11, 2021, and September 3, 2021. This Order is in effect immediately until rescinded in writing by the Health Officer.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 diagnosed with COVID-19 are required to isolate themselves and follow all instructions in this Order. A person is considered to be diagnosed with COVID-19, based on one of more of the following criteria:

- a) They received a positive diagnostic (viral) test for COVID-19 and/or
- b) A healthcare provider clinically diagnoses that they have COVID-19.

WHAT YOU ARE REQUIRED TO DO IF YOU HAVE OR ARE 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-isolate and
- b) Identify your close contacts to the Pasadena Public Health Department ("PPHD") when interviewed for the purposes of contact tracing and
- c) Tell your close contacts that they have been exposed and need to self-quarantine and
- d) Contact the Pasadena Public Health Department at 626-744-6144 within 24 hours of receiving this Order, unless you have already completed a contact tracing interview and
- e) Follow all instructions in this Order.

*** People with high likelihood of COVID-19 infection (because they have symptoms consistent with COVID-19 and are close contacts of people infected with COVID-19) should also follow this isolation order.

INSTRUCTIONS

If you have or are likely to have COVID-19 based on the criteria specified above, you are required to follow these instructions.

1. Self-Isolate Until You're Not At Risk for Spreading COVID-19

You must isolate yourself (stay in your home or another residence and away from others) until you are no longer at risk for spreading COVID-19 (see "Duration of Self-Isolation," below). Until this time, you may not leave your place of isolation 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 infection), you may be permitted to return to work if your employer is experiencing critical staffing shortages and must follow return-to-work protocols established by your employer. When not doing your essential work, you must adhere to this isolation order.

All others not performing critical healthcare or first responder work must adhere to this order. If you are employed in the City of Pasadena, you must email nursing@cityofpasadena.net, call 626-744-6089, or fill out the form at <https://healthforms.cityofpasadena.net/v/WorkClearanceForm> to receive return-to-work guidance by the Pasadena Public Health Department before you can return to work.

You are required to self-isolate because you can easily spread COVID-19 to others, including to people who are at higher risk for serious illness, such as older adults and people with weakened immune systems or [underlying medical conditions](#). If you have a positive test, and have not done so already, consider contacting your healthcare provider, clinician advice-line, or telemedicine provider for a medical assessment.

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.

Self-Isolation Instructions: While you are self-isolated, you are required to follow the [Home Isolation Instructions for People with COVID-19 Infection](#).

Duration of Self-Isolation:

All persons who test positive for COVID-19 or are clinically diagnosed with COVID-19 by a healthcare provider, regardless of vaccination status, previous infection, or lack of symptoms, must stay on isolation until:

- At least 5 days have passed since your symptoms first appeared (i.e. you are on Day 6), AND
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) AND
- You currently have no symptoms or your symptoms are significantly improved and resolving AND
- A viral diagnostic specimen[†] collected on Day 5 or later is negative.

Persons meeting ALL of the above criteria may choose to exit isolation no earlier than Day 6. If you are unable to test or choose not to test on Day 5, you must isolate yourself for 10 days and can leave isolation on Day 11 if you have not had fever in at least 24 hours (without use of medicine that reduces fevers) and symptoms are significantly improved and resolving. If you continue to have a fever, you must continue to isolate until the fever has resolved for at least 24 hours.

You must wear a well-fitting mask around others, indoors and outdoors, until day 11 from when your symptoms first appeared (or date of positive test if asymptomatic). Adults should preferably wear a well-fitting mask with a higher level of protection with a nose wire (such as a medical-grade surgical mask (3-ply surgical mask), KN95 or N95 respirator). Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

[†] An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable; however, it is recommended that persons use an antigen test for ending isolation. Exposed persons who were infected with SARS-CoV-2 within 90 days prior to their current exposure should also use an antigen test.

2. Tell Your Close Contacts to Self-Quarantine

You must notify all of your close contacts who are not fully vaccinated AND boosted if booster eligible (see Pasadena "[Public Health Emergency Quarantine Order](#)"), as defined below, that they are required to quarantine (stay in their home or another residence and away from others), because they have been exposed to COVID-19 and if infected, can easily spread it to others even if they have no symptoms.

While self-quarantined, they may not leave their place of quarantine or enter public or private places, except to receive necessary medical care.

Definition of Close Contact: For purposes of this Order, “close contact” is defined as any of the following people who were exposed to you while you 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) A person who had unprotected contact with your body fluids and/or secretions, for example, was coughed or sneezed on, shared utensils or saliva, or provided care without using appropriate protective equipment.

* You are considered to be infectious from 2 days before your symptoms first appeared until the time you are no longer required to be isolated (as described in “Duration of Self-Isolation,” above). If you had a positive COVID-19 test, but with no symptoms, you are considered to be infectious 2 days before the test was taken until the end of the 10th day after your test was taken.

Self-Quarantine Instructions: Your close contacts are required to follow the Pasadena “[Public Health Emergency Quarantine Order](#)” for COVID-19 and all directions in the “Home Quarantine Instructions for Close Contacts to COVID-19,” which are available in [English](#), [Spanish](#), and [other languages](#).

3. Contact Pasadena Public Health within 24 Hours of Receiving this Order to Complete a Contact Tracing Interview

If you have not yet been interviewed by the Pasadena Public Health Department about your current COVID-19 diagnosis, you are required to call 626-744-6144 within 24 hours of receiving this Order to complete a confidential contact tracing interview. During the call, you'll receive information about available services, have a chance to ask questions, and be asked to answer simple questions such as what places you have been to and who you have been around while you were infectious. The people you tell the contact tracing team about will be contacted and asked to stay home to help prevent others from getting sick but won't be given your name or contact information.

PURPOSE OF THE ORDER

The purpose of this Order is to help slow the spread of SARS-CoV-2 virus (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. The virus can easily spread between people who are in close contact with one another, especially if they are not fully vaccinated.

People who are not vaccinated against COVID-19 are at the highest risk of COVID-19 illness, hospitalization, and death. Fully vaccinated and boosted persons 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 fully vaccinated or fully vaccinated and boosted people 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:



12/31/2021

Ying-Ying Goh, MD, MSHS

Date

Health Officer, City of Pasadena