CITY OF LONGBEACH

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19
Public Health Emergency Quarantine Order
Date Order Issued: May 7, 2020
This Order is in effect until rescinded in writing by the Health Officer.

Summary: This updated Quarantine Order amends, restates, and supersedes the previous Quarantine Order issued by the Long Beach Health Officer from March 31, 2020. The changes to this Order are intended to align with Center for Disease Control (CDC) guidance for community-related exposure to COVID-19, which changes the period of exposure risk from "onset of symptoms" to "48 hours before symptom onset."

California is in a State of Emergency because of the COVID-19 pandemic. The spread of Novel Coronavirus (COVID-19) is a substantial danger to the health of the public within the City of Long Beach. COVID-19 can easily spread between people who are in close contact with one another. Individuals in close contact with a person diagnosed with or likely to have COVID-19 may easily become infected and spread it even if they have only mild symptoms or have no symptoms. There is no vaccine available to protect against COVID-19 and no specific treatment for its symptoms. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness, including pneumonia, organ failure, or death, due to their age, physical state, and/or health status.

To help slow COVID-19's spread, protect vulnerable individuals, and prevent the healthcare system in Long Beach from being overwhelmed, it is necessary for the City of Long Beach Health Officer (Health Officer) to require the self-quarantine of persons exposed to a person diagnosed with or likely to have COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at risk for spreading the disease. This protects everyone, including people who are high risk for serious illness, such as older adults and people with weakened immune systems.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120215, 120220, AND 120225, THE CITY OF LONG BEACH HEALTH OFFICER ORDERS:

All household contacts, intimate partners, caregivers, and close contacts who have been in close contact with a person diagnosed with or likely to have COVID-19 while that person was symptomatic must quarantine themselves. Persons quarantined are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.

Quarantine Requirements for Household Contacts, Intimate Partners, Caregivers, and Close Contacts of Persons with or Likely to Have COVID-19

A person is considered to be a close contact of a person with or likely to have COVID-19 if they:

a. **Were within 6 feet for more than 10 minutes OR**
b. **Had unprotected direct contact to secretions or excretions (e.g., sneeze or cough) of a person diagnosed with or likely to have COVID-19.**

All individuals who know that they have been in close contact, such as, a household member, an intimate partner, a caregiver outside of a healthcare setting, or other close contact, with a person diagnosed with or likely to have COVID-19 from 48 hours before they began showing symptoms until that person's isolation ends , are required to take the following actions:

- **Be quarantined in their home or another residence until 14 days from the last date that they were last in contact with the person with or likely to have COVID-19.** Self-quarantine is necessary if an individual has had close contact with a person who has:

    a. A positive lab test for COVID-19;

    b. Signs and symptoms that are consistent with COVID-19 within 14 days of being in close contact with a person who had or was believed to have had COVID-19; OR

    c. Been informed by a physician that they are likely to have COVID-19.

Individuals are required to quarantine themselves for the entirety of the 14-day COVID-19 incubation period because they are at high risk for developing and spreading COVID-19. Quarantined persons may not leave their place of quarantine or enter any other public or private place during the period of quarantine, except to receive necessary medical care.

- **Carefully review and closely follow all requirements listed in the "Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19),"** which is available in English and Spanish**.**

- **If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), to protect others from COVID-19, they should isolate themselves at home and away from other people and follow the "Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection," which is available in English and Spanish. This is because they are likely to have COVID-19 and if so, can spread it to others.**

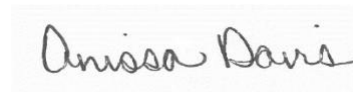This order does not apply to employees of government agencies and other critical infrastructure workers, if the agency, in consultation with the Health Officer, has made a determination due to CDC guidance that an alternate approach to COVID-19 transmission prevention is necessary in order to ensure continuity of critical services to the community. Healthcare facilities may also adapt their quarantine protocols in the face of severe workplace shortages.

The Health Officer may take additional action(s), which may include civil detention 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 a misdemeanor punishable by imprisonment, fine or both under California Health and Section Code Section 120275 et seq. Further, pursuant to Section 41601 of the California Government Code, the Health Officer requests that the Chief of Police in the City of Long Beach ensure compliance with and enforcement of this Order. The violation of any provision of this Order constitutes an imminent threat and creates an immediate menace to public health.

IT IS SO ORDERED:

Anissa Davis

Anissa Davis, MD, DrPH,
Health Officer, City of Long Beach
Date: May 7, 2020