HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19
Public Health Emergency Isolation
Order Date Order Issued: **January 4, 2022**
This Order is in effect until rescinded in writing by the Health Officer.

This updated Isolation Order amends, restates, and supersedes the previous Isolation Order issued by the Long Beach Health Officer from **September 9, 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 criteria for discontinuing isolation. Changes are highlighted in **yellow**.

A digital copy of this Order may be found at [www.longbeach.gov/covid19](http://www.longbeach.gov/covid19) or by scanning the QR Code below.

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:

I. **INSTRUCTIONS FOR ALL PERSONS REQUIRED TO ISOLATE**

All individuals **who test positive for COVID-19**, have been diagnosed with COVID-19, or who are likely to have COVID-19 must isolate themselves away from others who are not infected with COVID-19 in accordance with this Order. Such persons are required to follow all instructions in this Order and the guidance documents referenced in this Order.

- Individuals are required to isolate themselves because they have or are likely to have COVID-19 **regardless of vaccination status, previous infection, or lack of symptoms**. Self-isolation is immediately required if a person meets one or more of the following factors:
  - A positive lab test for COVID-19; OR
  - Signs and symptoms that are consistent with COVID-19 (e.g. fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose,
nausea or vomiting, or diarrhea); OR

- A physician has informed the individual that they are likely to have COVID-19.

Persons required to isolate should carefully review and closely follow all requirements listed in the "Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection," which is available at www.longbeach.gov/healthorders.

Persons required to isolate should tell close contacts (e.g. household contacts, intimate partner(s), their caregiver(s), and other persons who were within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period while they were symptomatic) with them 48 hours before their symptoms started or that they need to quarantine themselves.

Persons required to isolate should refer close contacts to the "Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)" document, which is available at www.longbeach.gov/healthorders. This document describes steps that close contacts must take to prevent spread of COVID-19. Steps described in this document are necessary because close contacts have likely been exposed to COVID-19 and, if infected, can easily spread COVID-19 to others, even if they have only mild symptoms or no symptoms.

II. REQUIREMENTS TO DISCONTINUE ISOLATION

Individuals require to isolate by this Order may discontinue isolation after Day 5 if:

- Symptoms are not present OR the person is fever free and their symptoms are improving; and
- A diagnostic specimen (antigen test preferred) is collected on Day 5 or later and the person tests negative. If the individual is unable to test or the person chooses not to test, isolation can end after Day 10; and
- Adults should wear a well-fitted mask (surgical or respirator) while around others both indoors and outdoors through Day 10. Children (2 years of age or older) should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire while around others both indoors and outdoors through Day 10.

If a fever is present, isolation should continue until the fever resolves. If symptoms other than fever are present, the individual should continue to isolate until symptoms are resolved or until after Day 10.

In workplaces, most employers and businesses are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) and some to the Cal/OSHA Aerosol Transmissible Diseases Standards, and should consult those regulations for additional applicable requirements. The ETS allow local health jurisdictions to require more protective mandates.

In establishments and settings with active outbreaks, quarantine and isolation may be extended for additional days by Long Beach Health and Human Services outbreak investigators to help lower the
risk of ongoing transmission at the site.

III. PURPOSE OF THE ORDER
The purpose of this Order is to help slow the spread of COVID-19, to protect individuals at higher risk, and to protect the health care systems from a surge of cases into its emergency rooms and hospitals. COVID-19 can easily spread between people who are in close contact with one another, especially if they are not full vaccinated.

People who are not vaccinated against COVID-19 are at the highest risk of getting infected with COVID-19. Unvaccinated older adults and unvaccinated people who have certain medical conditions are at the highest risk of severe illness from COVID-19. People with weakened immune system who are fully vaccinated might not respond as well to the vaccine so they may also be at risk for getting very sick. Fully vaccinated persons are at lowest risk of getting infected and are well protected from getting very and dying from COVID-19. A small percent of fully vaccinated person do get infected. Importantly, these post-vaccination infections usually cause only mild symptoms, if any. However, it is still possible fully vaccinated 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 Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), and other public health experts as a proven strategy for preventing transmission of COVID-19.

IV. LEGAL AUTHORITY
This Order is made under the authority of California Health and Safety Code Sections 101040, 101475, 101085, 120175, 120215, 120220, and 120225. The Health Officer may take additional action(s), which may include civil detention or requiring a person to stay 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 pursuant to California Health and Section Code Section 120275 et seq and Long Beach Municipal Code sections 8.120.030.A and 8.120.030.E.3. 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, MD, DrPH,
Health Officer, City of Long Beach
Date: January 4, 2022

PROMULGATION OF EMERGENCY REGULATIONS

As Director of Civil Defense for the City of Long Beach pursuant to Long Beach Municipal Code (“LBMC”) section 2.69.060.A, and in accordance with the provisions of LBMC Chapter 8.120, I am authorized to promulgate regulations for the protection of life and property as affected by the COVID-19 emergency pursuant to Government Code section 8634, and LBMC sections 2.69.070.A and 8.120.020. The following shall be in effect for the duration of the Long Beach Health Officer Order, HEALTH OFFICER ORDER FOR CONTROL OF COVID-19: Public Health Emergency Isolation Order, issued above, which is incorporated in its entirety by reference:

The Long Beach Health Officer Order, HEALTH OFFICER ORDER FOR CONTROL OF COVID-19: Public Health Emergency Isolation Order, shall be promulgated as a regulation for the protection of life and property.

Any person who, after notice, knowingly and willfully violates or refuses or neglects to conform to the above referenced lawfully issued Health Order shall be guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000), by imprisonment for a period not exceeding six (6) months, or by both such fine and imprisonment. (Long Beach Municipal Code sections 8.120.030.A and 8.120.030.E.3.)

IT IS SO ORDERED:

Thomas B. Modica
City Manager, City of Long Beach
Date: January 4, 2022