

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Isolation of COVID-19 Positive Individuals

Date Order Issued: March 17, 2023

This Order is in effect until rescinded in writing by the Health Officer.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 **December 8, 2022**. The changes to this Order are intended to align with the California Department of Public Health (CDPH) and Center for Disease Control (CDC) guidance for community-related exposure to COVID-19. Changes are highlighted in yellow.

A digital copy of this Order may be found at www.longbeach.gov/covid19 or by scanning the QR Code below.



UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND
SAFETY CODE SECTIONS 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, regardless of vaccination status, previous infection, or lack of symptoms, 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 with COVID-19 symptoms** (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), regardless of vaccination status or previous infection are required to:
 - Self-isolate themselves and test as soon as possible. Early detection enables earlier access to treatment options, if indicated, and notification of exposed persons who may benefit by knowing if they are infected.
 - Remain in isolation while waiting for test results.

- If negative, individuals should consider remaining in isolation and retesting in 1-2 days. Individuals should consider testing every 1-2 days until symptoms improve or test positive.
- If positive, individuals must continue to self-isolate and follow recommendations below.
- **Individuals who test positive for COVID-19**, regardless of vaccination status, previous infection, or lack of symptoms are required to isolate.
 - Persons are required to isolate for at least 5 days
 - Persons required to isolate should carefully review and closely follow all requirements listed in the "What To Do If You Test Positive for COVID-19" document which is available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/What-to-do-if-You-Test-Positive-for-COVID-19.aspx>
 - Persons required to isolate should tell Close Contacts [persons who were in the same indoor space of 400,000 or fewer cubic feet per floor (i.e. homes, waiting rooms) for cumulative total of 15 minutes or more over a 24-hour period while they were **infectious** or persons who were within 6 feet for cumulative total of 15 minutes or more over a 24-hour period if in a large (>400,000 cubic feet) indoor setting]
 - Persons required to isolate should refer Close Contacts to the "What To Do If You Are Exposed to COVID-19" document, which is available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/What-to-Do-if-You-Are-Exposed-to-COVID-19.aspx>. 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.
 - Healthcare personnel in General Acute Care Hospitals, Acute Psychiatric Hospitals, and Skilled Nursing Facilities must comply with the State'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*, as described in AFL 21-08.9 which can be found here <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>, as it may be amended from time to time.
 - Emergency Medical Services personnel are also permitted to follow the Guidance on Isolation and Quarantine for Health Care Personnel in AFL 21-08.9 - <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>.
 - CDPH guidance for isolation and quarantine of Skilled Nursing Facility residents is specified in AFL 22-13 which can be found here <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-22-13.aspx>.

II. REQUIREMENTS TO DISCONTINUE ISOLATION

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

- Symptoms are not present OR the person is fever free for 24 hours (without the use

- of fever-reducing medication) and their symptoms are mild and improving;
- Adults should wear a well-fitted mask (respirator such as N95 or KN94 is best, surgical is adequate) 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.
 - Persons leaving isolation after day 5 may remove their mask if they test negative twice, one day apart.
 - If symptoms recur or worsen after ending isolation, the person should test again. If positive, restart isolation at Day 0.

If a fever is present, isolation should continue until 24 hours after the fever resolves. If symptoms other than fever are present, the individual should continue to isolate until symptoms are mild and improving or until after Day 10.

If the confirmed case is at increased risk of serious disease or has questions concerning care, they should contact a healthcare provider for available treatments.

In workplaces, most employers and businesses are subject to the [Cal/OSHA COVID-19 Non-Emergency Regulations](#) and some to the [Cal/OSHA Aerosol Transmissible Diseases Standards](#), and should consult those regulations for additional applicable requirements.

In establishments and settings with active outbreaks, 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. The local health jurisdiction can require more protective mandates.

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 fully vaccinated.

People who are not vaccinated against COVID-19 are at the highest risk of getting infected with COVID-19. 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 systems](#) who are fully vaccinated might not respond as well to the vaccine so they may also be at risk for getting very sick. Persons who are up to date with COVID-19 vaccinations are at lowest risk of getting infected and are well protected from getting very sick and dying from COVID-19, even if they do get infected. Importantly, 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 is 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.

On August 11, 2022, the [CDC updated their Isolation recommendations](#) for the general public motivated

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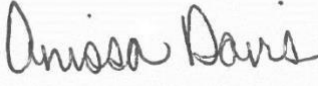
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by science that indicates the majority of COVID-19 transmission occurs within the first few days after contracting the virus. On November 9, 2022, the CDPH updated its guidance to allow COVID-19 positive individuals to discontinue isolation after 5 days with a negative diagnostic specimen, adopting a slightly more stringent criteria for discontinuation of isolation. On March 3, 2023, the CDPH updated its [guidance](#) again to completely align with CDC effective March 13, 2023, removing the requirement of a negative test to end isolation after Day 5.

IV. LEGAL AUTHORITY

This Order is made under the authority of California Health and Safety Code Sections 120175, 120215, 120220, and 120225.

IT IS SO ORDERED:

A handwritten signature in cursive script that reads "Anissa Davis". The signature is written in dark ink on a light-colored background.

Anissa Davis, MD, DrPH,
Health Officer, City of Long Beach

Date: March 17, 2023