

# HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

## Quarantine Order

Revised Order Issued: **December 8, 2022**

This Order supersedes the prior Quarantine Order issued by the Long Beach Health Officer (Health Officer) on **April 21, 2022**. This Order is in effect until rescinded in writing by the Health Officer.

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. **Definitions.** For purposes of this Order, the following definitions apply:
- A. **“Asymptomatic”** means that the person does not develop symptoms of COVID-19.
  - B. **“Booster”** means an additional dose of the COVID-19 vaccine received after a person completes the primary COVID-19 vaccination series.
  - C. **“Boosted”** means a person that has received an additional dose of the COVID-19 vaccine received after a person completes the primary COVID-19 vaccination series.
  - D. **“Close Contact”** is any of the following people who were exposed to a COVID-19 positive person:
    - 1. **In indoor spaces of 400,000 or fewer cubic feet per floor** (e.g., home, clinic waiting room, airplane), **close contact is defined as sharing** the same indoor airspace) for a cumulative total of 15 minutes or more over a 24-hour period **(for example, three individual 5-minute exposures for a total of 15 minutes)** with a COVID-19 positive person during their infectious period.
    - 2. **In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food**

processing facilities), close contact is defined as being within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period with a COVID-19 positive person during their infectious period.

3. Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.
  4. A person who had unprotected contact with a COVID-19 positive person's body fluids and/or secretions, such as, hugs or kisses, being coughed or sneezed on, sharing cups or utensils, or providing care without wearing appropriate protective equipment (e.g. facemask and gloves).
- E. **"COVID-19 Symptoms"** means 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.
- F. **"Fully Vaccinated Person" or "Fully Vaccinated"** is person that has completed their primary COVID-19 vaccination series (i.e. is more than 2 weeks following receipt of the second dose in a 2-dose series COVID-19 vaccine, or more than 2 weeks following receipt of one dose of a single-dose COVID-19 vaccine).

## II. **No Quarantine for Asymptomatic Close Contacts Exposed to COVID-19 Regardless of Vaccination Status.**

The following requirements shall apply to all asymptomatic Close Contacts, regardless of vaccination status, who are not subject to the requirements of Section III of this Order:

- A. Regardless of vaccination status, Close Contacts do not need to quarantine as long as they remain asymptomatic.
- B. Close Contacts may choose to quarantine to limit their possible exposure to other people.
- C. Close Contacts should test within 3-5 days after last exposure. Knowing one is infected early enables earlier access to treatment options, if indicated, especially for those who may be at risk for severe illness, and notification close contacts who may also benefit by knowing if they are infected. If testing negative before Day 3, retest at least a day later at least once, during the 3–5 day window following exposure.
- D. Close Contacts infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless they develop symptoms.
- E. Close Contacts are strongly recommended to wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe disease.
- F. Any person that experiences symptoms of COVID-19 should self-isolate immediately and test as soon as possible. If positive for COVID-19, such individuals must comply with Section V of this Order.

## III. **Quarantine for Certain High-Risk Settings.**

- A. 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](#), as it may be amended from time to time.

- B. Skilled nursing facilities should follow the guidance for management of exposed residents in [AFL 22-13.1](#)
- C. Healthcare personnel working in settings not covered by AFL 21-08.9 may follow the guidance outlined in AFL 21-08.9.
- D. Given the higher risk and impact of transmission of COVID-19 in high risk congregate living settings, people who live in Congregate Care Facilities, correctional facilities, or dormitories may be required by LBDHHS to complete a longer quarantine up to 10 days after their last close contact with a COVID-19 positive person and must adhere to any additional requirements issued by the CDPH, including those related to isolation, quarantine, testing, and vaccination.
- E. For purposes of this Order, "Congregate Care Facilities" include the following facilities within the City: Adult Residential Care Facilities (ARF) all license types; Chronic Dialysis Clinic; Continuing Care Retirement Communities; Hospice Facilities; Intermediate Care Facilities of all license types; Psychiatric Health Facilities; Residential Care Facilities for the Elderly; Residential Facility Chronically III; Skilled Nursing Facilities (SNFs); and Social Rehabilitation Facilities.

#### IV. Miscellaneous

- A. Day 0 of quarantine is the day of the last close contact the individual had with a COVID-19 positive person. Day 1 of quarantine begins the following day. Persons required to quarantine by this Order must follow all directions in the "[Instructions for Isolation and Quarantine](#)" which is available at <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/self-isolation-instructions.pdf>.
- B. Private and public K-12 schools within Long Beach must follow quarantine guidance in accordance with the CDPH's guidance titled "COVID-19 Public Health Guidance for K-12 Schools in California, [2022-23](#) School Year", which may be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx>, as it may be amended from time to time.
- C. Early Childhood Education (ECE) centers and preschools must follow the CDPH Guidance for Child Care Providers and Programs for quarantine protocols which may be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Child-Care-Guidance.aspx#How%20to%20Respond%20to%20Exposure%20or%20Outbreaks%2c%20Including%20Quarantine>, as it may be amended from time to time.
- D. 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.

## V. Isolation Required if Any Person Develops Symptoms or Tests Positive for COVID-19

Any individual that develops symptoms must immediately self-isolate, seek COVID-19 testing, and contact their healthcare provider with any questions regarding their care. The requirements in this Section apply to fully vaccinated persons whether or not they have received a booster, unvaccinated persons, and persons previously infected with COVID-19 and applies regardless of testing or earlier quarantine release.

Any person who develops symptoms or tests positive for COVID-19 must follow the [Long Beach Isolation Order](#). The Long Beach Isolation Order and a list of testing sites may be found at [www.longbeach.com/covid19](http://www.longbeach.com/covid19).

## VI. Background and Purpose of this Order

The spread of Coronavirus Disease 2019 (COVID-19) remains a substantial threat to the public's health. Long Beach 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. All people are at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness as a result of COVID-19 due to age or underlying health conditions.

The BQ.1 and BQ.1.1 variants, which are more transmissible than the original Omicron variant, are now the dominant strains in California. These subvariants are resistant to certain therapeutics but vaccines continue to provide protection against them. Recent evidence also shows that vaccine effectiveness against COVID-19 infection decreases over time without updated boosters. There is still a risk for new variants to emerge, and it is important to remain vigilant at this time. On December 27, 2021, the [CDC updated their Isolation and Quarantine recommendations](#) for the general public motivated by science that indicates the majority of COVID-19 transmission occurs within the first few days after contracting the virus. On April 6, 2022, the CDPH updated [its guidance](#) to no longer recommend quarantine for the general public, but to continue quarantine for certain individuals who live or work in high-risk settings.

The purpose of this Order is to help slow the spread of COVID-19, to protect individuals against serious illnesses and death, and to protect the health care system from a surge of cases into emergency rooms and hospitals. This Order is also issued to align with updated CDC and CDPH guidance, with a focus on testing and masking to best contain the more transmissible Omicron variant. However, COVID-19 vaccination and boosters remain the most important strategy to prevent serious illness and death from COVID-19.

LBDHHS, like CDC and CDPH, recognizes the long duration of quarantine creates economic and personal hardship, impacts people's compliance with quarantine, and may impact the willingness of cases to name close contacts. This Order aligns with updated CDPH Guidance Local Health Jurisdictions on Isolation and Quarantine of the General Public, which strongly recommends testing and masking after an exposure regardless of vaccination status, where eligible. This symptom-based strategy will prevent most, but not all, instances of secondary transmission.

This Order does not apply to government employees and other critical infrastructure workers, if the agency, in consultation with the Health Officer, has made a determination that 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.

## **VII. 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.

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.

## **VIII. RESOURCES**

- Public Health Emergency Isolation Order
- California Department of Public Health (CDPH) Guidance
  - Guidance for Local Health Jurisdictions on isolation and Quarantine of the General Public (November 9, 2022)  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
  - Instructions for Isolation and Quarantine  
<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/self-isolation-instructions.pdf>
- Centers for Disease Control (CDC) Guidance
  - Interim Clinical Considerations for Use of mRNA COVID-19 Vaccines Currently Authorized in the United States (updated on December 23, 2021) -  
<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>
  - CDC Guidance: When to Quarantine (updated March 30, 2022) -  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

December 8, 2022

Page 6

IT IS SO ORDERED:

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

Anissa Davis, MD, DrPH,

Health Officer, City of Long Beach

Date: December 8, 2022