



# County of San Diego

**NICK MACCHIONE, FACHE**  
AGENCY DIRECTOR

**HEALTH AND HUMAN SERVICES AGENCY**  
PUBLIC HEALTH SERVICES  
3851 ROSECRANS STREET, MAIL STOP P-578  
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**WILMA J. WOOTEN, M.D.**  
PUBLIC HEALTH OFFICER

## **ORDER OF THE HEALTH OFFICER**

### **(Isolation of All Persons with or Likely to have COVID-19)**

The spread of coronavirus disease 2019 (COVID-19) is a substantial threat to the public's health. San Diego County 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. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness due to age or underlying health conditions. In order to slow the spread of COVID-19 and prevent the healthcare system in San Diego County from being overwhelmed, it is necessary for the Health Officer of the County of San Diego (Health Officer) to require the isolation of persons diagnosed with, or likely to have COVID-19.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 120130, 120175, 120215, 120220, and 120225:

**1. All persons who have been diagnosed with, or are likely to have COVID-19, must immediately take the following actions:**

- Isolate in their home or another residence. If isolated in a congregate setting, hotel or multi-unit setting, the person may not enter any other units within that setting. Persons may only leave their place of isolation to receive necessary medical care.
- Carefully review and closely follow all requirements of the Health Officer and medical provider.
- A copy of the Home Isolation Instructions is accessible through the County's COVID-19 webpage: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID%20Home%20Isolation%20Instructions%20for%20COVID-19.pdf>.
- Notify all persons in close contact that they may need to quarantine themselves for up to 5 days after the last contact, as noted in Public Health Officer's Quarantine Order.
  - The Public Health Officer's Quarantine Order is accessible through the County's COVID-19 webpage: [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/health-order.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html).
  - A person is considered to be a close contact of a person diagnosed with, or likely to have COVID-19, if within 48 hours before that person's symptoms began (or, for asymptomatic patients, 2 days prior to test specimen collection) and until that person is no longer required to be isolated, they:
    - Were within 6 feet of a person who has or is likely to have COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period; or

- Had unprotected contact with the body fluids and/or secretions (including but not limited to being coughed on or sneezed on, sharing utensils or drinking out of the same container) of a person who has or is likely to have COVID-19.
  - Not come within 6 feet of any person, excluding a treating medical professional, a law enforcement officer enforcing this Order, a representative of the Health Officer, any other person specifically authorized by the Health Officer, or a caretaker.
2. **Individuals are required to isolate themselves because they have, or are likely to have, COVID-19. Isolation is immediately required if a person meets one or more of the following criteria:**
- a. A confirmed positive diagnostic laboratory test for COVID-19; or
  - b. Signs and symptoms that are consistent with COVID-19 (cough, shortness of breath or trouble breathing, fatigue, fever or chills, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea); or
  - c. A physician has informed the individual that they are likely to have COVID-19.

Such persons are required to be isolated because a person infected with, or likely to have COVID-19, can easily spread the virus to others. Isolation separates these persons from others to prevent the spread of COVID-19 and protects those at higher risk for serious illness, such as older adults and people who have underlying health conditions.

The person shall cooperate with any physician or persons authorized by the Health Officer to perform medical observation during the period of isolation.

3. **Isolation under this Order, regardless of vaccination status, shall continue until the occurrence of one of the following, as applicable:**
- Symptomatic Person (with repeat testing)
    - At least 5 days have passed since symptoms first appeared **AND**
    - At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    - A repeat diagnostic test (either PCR or antigen) taken on day 5 or later is negative **AND**
    - Other symptoms improved.
    - After this period, a mask shall be worn until 10 days after symptoms have first appeared, as well as following any and all other facial covering requirements, except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#).
  - Symptomatic Person (without repeat testing)
    - At least 10 days have passed since symptoms first appeared **AND**
    - At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    - Other symptoms improved.
  - Asymptomatic Person (with repeat testing)
    - At least 5 days have passed since the date of their first positive COVID-19 diagnostic test **AND**
    - A repeat diagnostic test (antigen test or PCR test) collected on day 5 or later is negative.
    - A mask shall be worn until 10 days after the date of their first positive COVID-19 diagnostic test, as well as following any and all other facial covering requirements, except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#).
  - Asymptomatic Person (without repeat testing)
    - At least 10 days have passed since the date of their first positive COVID-19 diagnostic test.

Until the isolation period has ended, individuals may not leave their place of isolation or enter any public or private places, except to receive necessary medical care or testing. Termination of isolation pursuant to this section shall not *per se* constitute public health clearance to return to work or school.

4. **Health care workers shall not return to work**, except in the situation of a contingency or crisis situation, until (see [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 \(CDC\)](#) and current CDPH All-Facility Letters):
- If asymptomatic, or with mild and improving symptoms,
    1. 10 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, **OR**
    2. If not up-to-date<sup>1</sup> with vaccination, 7 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, if a negative PCR or antigen test is obtained within 24 hours of return to work, **OR**
    3. If up-to-date with vaccination, 5 days after the onset of symptoms or, if asymptomatic, the first positive COVID-19 diagnostic test, if a negative PCR or antigen test is obtained within 24 hours of return to work.
  - Health care workers with severe or critical illness shall not return to work until
    1. 20 days after the onset of symptoms **AND**
    2. At least 24 hours have passed since last fever (without the use of fever-reducing medications) **AND**
    3. Other symptoms improved.
  - Health care workers with moderate to severe history of immunocompromise require internal occupational health consultation before returning to work, in addition to these conditions.
  - Health care facilities with contingency or critical staffing shortages may waive these conditions. Implementation in health care facilities is contingent on applicable California Department of Public Health regulations and All-Facility Letters (AFLs). See [Strategies to Mitigate Healthcare Personnel Staffing Shortages \(CDC\)](#).
5. **Other restrictions may apply for individuals who live, work or attend school in certain settings, including high-risk congregate living settings** and persons working with severely immunosuppressed patients. In addition to any and all applicable state and federal regulations, review the following documents for more information:
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>  
<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>  
<https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html#vaccines>  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
6. Violation of, or failure to comply with, this Order is a misdemeanor punishable by imprisonment, fine, or both (California Health and Safety Code sections 120275 and 120295). This Order may be enforced

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<sup>1</sup> People are considered **current and up-to-date** for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). However, if **more than 6 months** has passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or **more than 2 months** from a 1-dose series (Johnson and Johnson/Janssen), a **booster is required to be considered current and up-to-date**.

by any law enforcement officer within an area subject to their jurisdiction for the purpose of preventing the spread of a contagious, infectious, or communicable disease (California Government Code sections 26602 and 41601, and California Health and Safety Code section 101029).

**IT IS SO ORDERED.**

A handwritten signature in black ink, appearing to read 'Wilma J. Wooten'. Above the signature, the name 'C. Kaiser MD Mott' is written in a smaller, less legible hand.

Wilma J. Wooten, M.D., M.P.H.  
Public Health Officer  
County of San Diego

Dated: January 3, 2022



# County of San Diego

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**WILMA J. WOOTEN, M.D.**  
PUBLIC HEALTH OFFICER

## **ORDER OF THE HEALTH OFFICER** (Quarantine of Persons Exposed to COVID-19)

The spread of coronavirus disease 2019 (COVID-19) is a substantial threat to the public's health. San Diego County 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. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness due to age or underlying health conditions. In order to slow the spread of COVID-19, and prevent the healthcare system in San Diego County from being overwhelmed, it is necessary for the Health Officer of the County of San Diego (Health Officer) to require the quarantine of persons exposed to COVID-19.

Household contacts, intimate partners, caregivers, and any other person who have been in close contact with a person either diagnosed with COVID-19, or likely to have COVID-19 (COVID-19 Patient), must quarantine themselves. A "close contact" is a contact with a COVID-19 Patient that occurs anywhere between 48 hours before the COVID-19 Patient's symptoms began (or, for asymptomatic patients, 2 days prior to test specimen collection), and until the COVID-19 Patient is no longer required to be isolated, and where they:

1. Were within 6 feet of a COVID-19 Patient for a cumulative total of 15 minutes or more over a 24-hour period; or
2. Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 Patient.

The Health Officer therefore **ORDERS** pursuant to California Health and Safety Code sections, 101040, 101030, 120175, 120215, 120220, and 120225:

1. **All persons who are not up-to-date with COVID-19 vaccination\* without COVID-19 symptoms who have had close contact with a COVID-19 patient must quarantine** themselves in their home or another residence **for at least 5 days and up to 10 days** after the last contact with a COVID-19 Patient, based on current CDC and CDPH recommendations. All asymptomatic close contacts may discontinue quarantine after Day 5 from the date of last exposure **with a**

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\*People are considered [current and up-to-date](#) for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). However, if **more than 6 months** has passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or **more than 2 months** from a 1-dose series (Johnson and Johnson/Janssen), **a booster is required to be considered current and up-to-date.**

**negative diagnostic test** (PCR or antigen) on that date or later as long as they can self-monitor for COVID-19 symptoms through Day 10 and, if symptoms occur, immediately self-isolate and contact their healthcare provider or/and local public health department. Individuals released from quarantine prior to Day 10 shall also adhere strictly to all recommended non-pharmaceutical interventions, including consistent use of face coverings (except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#)), and maintaining a distance of at least 6 feet from others to the maximum extent possible, through Day 10.

- a. If quarantined in a **congregate setting**, hotel or multi-unit setting, the person may not enter any other units within that setting. Persons may leave their place of quarantine to receive necessary medical care.
- b. **Health care personnel** under this section may **return to work after** Day 7 from the date of last exposure if they have received a negative diagnostic (PCR or antigen) test result upon identification and from a specimen collected within 48 hours of return, continue to be asymptomatic, and follow all recommended non-pharmaceutical interventions, including consistent use of face coverings, through Day 10. Individual facilities may have stricter local requirements.
- c. During **critical staffing shortages** when there are not enough staff to provide safe client care, **emergency response and social service workers who work face to face with clients in the child welfare or long term care setting** may return to work after Day 7 from the date of last exposure if they have received a negative diagnostic (PCR or antigen) test result from a specimen collected within 48 hours of return, continue to be asymptomatic, and follow all recommended non-pharmaceutical interventions, including consistent use of face coverings, through Day 10. Individual facilities may have stricter local requirements.
- d. **Health care employers with critical staffing shortages** and lacking the staff to provide safe patient care may use [Contingency Capacity Strategies as described by CDC](#) where asymptomatic healthcare personnel (including in skilled nursing facilities during an outbreak when all staff are considered potentially exposed) are allowed to continue work with a surgical mask or respirator with PCR or antigen testing upon identification and at Day 5-7, but still report temperature and absence of symptoms each day until 10 days after exposure. Implementation in health care facilities is contingent on applicable California Department of Public Health regulations and All-Facility Letters (AFLs) and additional testing may be required.
- e. Persons **other than health care personnel** who reside or work in a **high-risk congregate living setting** (e.g., skilled nursing facilities, prisons, jails, shelters) or persons residing or working with severely immunosuppressed persons (e.g., bone marrow or solid organ transplants, chemotherapy) shall quarantine for 10 days in the absence of staffing shortages.

2. **All persons up-to-date with COVID-19 vaccination<sup>†</sup> without COVID-19 symptoms who have had close contact with a COVID-19 patient must** adhere strictly to all recommended non-pharmaceutical interventions, including consistent use of face coverings (except as provided for in the [California Department of Public Health \(CDPH\) Guidance for the Use of Face Coverings](#)), and maintaining a distance of at least 6 feet from others to the maximum extent possible, through

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<sup>†</sup>People are considered [current and up-to-date](#) for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). However, if **more than 6 months** has passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or **more than 2 months** from a 1-dose series (Johnson and Johnson/Janssen), **a booster is required to be considered current and up-to-date.**

Day 10, but **need not formally quarantine** as long as no symptoms develop. A **diagnostic test** (PCR or antigen) is **required on Day 5**. If symptoms occur, or if the diagnostic test is positive, they must immediately self-isolate and contact their healthcare provider or local public health department and seek testing if not already performed.

a. **Health care personnel** under this section must additionally obtain a negative PCR or antigen test upon identification and on Day 5, 6 or 7. During critical staffing shortages, adjusting testing requirements is contingent upon applicable California Department of Public Health regulations and All-Facility Letters (AFLs).

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.htm>

b. **Exceptions and unique guidance may apply for individuals living, working, or attending school in certain settings.** Review the following documents for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>

<https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html#vaccines>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

3. Carefully review and closely follow all requirements of the Health Officer and medical provider. *Home Quarantine Guidance for COVID-19 Close Contacts* should be followed by those on home quarantine, because of exposure to a COVID-19 Patient. Guidance is found here: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance.pdf>
4. Unless otherwise authorized by this Order, a person under quarantine may not come within 6 feet of any person, excluding a treating medical professional, a law enforcement officer enforcing this Order, a representative of the Health Officer, any other person specifically authorized by the Health Officer, or a caretaker.
5. If you develop symptoms, please contact your medical provider. Signs and symptoms that are consistent with COVID-19 include cough, shortness of breath or trouble breathing, fatigue, fever or chills, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea. Based on guidance from your medical provider, you may need to isolate and get tested for COVID-19.
  - a. The Public Health Officer's Isolation Order is accessible through the County's COVID-19 webpage:
    - i. [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/health-order.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html)).

Violation of, or failure to comply with, this Order is a misdemeanor punishable by imprisonment, fine, or both (California Health and Safety Code sections 120275 and 120295). This Order may be enforced by any law enforcement officer within an area subject to their jurisdiction for the purpose of preventing the

spread of a contagious, infectious, or communicable disease (California Government Code sections 26602 and 41601, and California Health and Safety Code section 101029).

**IT IS SO ORDERED:**

A handwritten signature in black ink, appearing to read 'Wilma J. Wooten'. Above the signature, the text 'C. Kaiser MD MPH' is written in a smaller, less legible hand.

Wilma J. Wooten, M.D., M.P.H.  
Public Health Officer  
County of San Diego

Dated: January 3, 2022