



## San Joaquin County

### PUBLIC HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Date Order Issued: October 11, 2021

This Order is in effect until rescinded in writing by the Public Health Officer.

#### SUMMARY OF THE ORDER

**California is in a State of Emergency because of the COVID-19 pandemic.** The spread of Coronavirus Disease 2019 (COVID-19) is a danger to the health of the public in San Joaquin County. COVID-19 can easily spread between people who are in close contact with one another. This Quarantine Order is needed to protect the public from avoidable risk of serious illness or death from exposure to COVID-19. There is risk of COVID-19 spreading from infected persons before they develop symptoms and from people with mild or no symptoms. Thus, all individuals who are infected with COVID-19, regardless of their symptoms (none, mild or severe), may put other members of the public at risk.

To help slow the spread of COVID-19, to protect vulnerable individuals, and to prevent the healthcare system in San Joaquin County from being overwhelmed, it is necessary for San Joaquin County Public Health Services (PHS) to quarantine people who have been exposed to someone who is infected with COVID-19.

#### **UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, SAN JOAQUIN COUNTY PUBLIC HEALTH OFFICER ORDERS:**

All household members, intimate partners, caregivers of a person with COVID-19, and individuals who have had close contact to a person with COVID-19 must quarantine themselves. These persons are required to follow all instructions in this Order and the San Joaquin County Public Health Services guidance documents referenced in this Order.

Violation of this Order is a crime, punishable by a fine of up to \$10,000 and/or a year in jail. (Health & Safety Code §§ 120295 et seq.; California Penal Code §§ 69 & 148)

#### **Quarantine Requirements for Household Contacts, Intimate Partners, Caregivers, and Close Contacts of Persons with COVID-19**



**A. Close contacts to persons with COVID-19 (“cases”) are individuals who:**

- Live in or have stayed at the case’s residence, OR
- Are intimate sexual partners of the case, OR
- Provide or provided care to the case without wearing a mask, gown, and gloves, OR
- Are within 6 feet of a case for a cumulative total of 15 minutes or more over a 24-hour period.

**AND**

This contact occurred while the case was determined to be infectious. A case is infectious from 48 hours before their symptoms began (or the date of the positive test if no symptoms) and until they are released from isolation.

**B. All asymptomatic unvaccinated individuals who have been identified as close contacts to a person with COVID-19 must quarantine. They must immediately take one of the following actions:**

1. Quarantine for 10 days from the date of last exposure without testing;

**OR**

2. Quarantine for 7 days if a diagnostic specimen is collected on or after Day 5 from the date of last exposure and tests negative.
- Individuals must stay in their home or another residence through the duration of the quarantine because they are at high risk for developing and spreading COVID-19.
  - Quarantine persons may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care.
  - Carefully review and closely follow all requirement listed in the “Home Quarantine Instructions,” at [http://www.sjcphs.org/Isolation\\_Quarantine.aspx](http://www.sjcphs.org/Isolation_Quarantine.aspx) .
  - Continue daily self-monitoring for symptoms through Day 14 from last known exposure.
  - Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds, and staying at least 6 feet from others) through Day 14 from last known exposure.
  - If any symptoms develop during this 14-day period, the exposed person should immediately self-isolate, get tested and contact their healthcare provider with any questions regarding their care.



**C. All asymptomatic fully vaccinated individuals or previously infected persons who have been identified as close contacts to a person with COVID-19 do NOT have to quarantine, however must follow these recommendations:**

- If an exposed person tested positive for COVID-19 before their new, recent exposure and it has been less than 3 months since they started having symptoms from that previous infection (or since their first positive COVID-19 test if asymptomatic), they do not need to quarantine, as long as they have not had any new symptoms since their recent exposure to someone with COVID-19.
- All exposed persons, even those who were fully vaccinated or previously infected and do not have to self-quarantine, should self-monitor for COVID-19 symptoms and strictly adhere to all recommended non-pharmaceutical interventions (e.g., wearing a mask, maintaining a distance of at least 6 feet from non-household members, frequently performing hand hygiene, avoiding crowds and poorly ventilated indoor spaces) for 14 days following the last date of exposure.
- If an exposed person develops symptoms during this 14-day period, that person should immediately self-isolate, get tested, and contact their healthcare provider with any questions regarding their care.
- Fully vaccinated close contacts who remain asymptomatic and do not need quarantine should get tested 3-5 days after exposure.
- If they test positive, they should immediately self-isolate and contact their healthcare provider with any questions regarding their care; if they test negative, they should continue monitoring symptoms and following recommended non-pharmaceutical interventions, including masking in public indoor settings, for 14 days.
- In order to protect household members, exposed close contacts who do not have to quarantine due to being fully vaccinated or previously infected should consider masking in the home during this time, especially if they are immunocompromised or around person who are immunocompromised, not fully vaccinated, or at increased risk of severe disease.

The Public Health Officer may take additional action(s), which may include civil detention or requiring one to stay 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 also a misdemeanor punishable by imprisonment, fine or both.

**IT IS SO ORDERED:**

A handwritten signature in blue ink that reads "Maggie Park".

Dr. Maggie Park  
Public Health Officer, San Joaquin County

October 11, 2021  
Date



## Home Quarantine Instructions for Close Contacts to Coronavirus Disease 2019 (COVID-19) Who are Unvaccinated

These quarantine instructions are for people who had close contact with someone who has Coronavirus Disease 2019 (COVID-19) and are not fully vaccinated. People with COVID-19 infection can spread disease 48 hours before they have symptoms, when they have symptoms, or even if they never have symptoms. "Close contact" to a person who has COVID-19 infection is someone who is living in the same house, is an intimate partner, is a caregiver, or has been within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period with the infected person. Since you are a close contact you must follow these instructions to help prevent COVID-19 from spreading in your home or in your community.

### Home Quarantine – Why do I need to do it?

- You have been exposed to COVID-19. It can take 2-14 days to show symptoms. Also, people can spread the disease for 2 days before they get symptoms. Therefore, it is important that you are in quarantine in case you become infected so you do not pass the infection to anyone else.

### How long do I need to be in quarantine?

- You have the following two options for quarantine:
  - You are required to self-quarantine for 10 days from the date of last exposure without testing; OR
  - Quarantine for 7 days if you get tested for COVID-19 on or after Day 5 from the date of last exposure and you test negative.
- If you stay asymptomatic you may leave quarantine, but then through Day 14 must strictly adhere to wearing face coverings at all times, maintaining a distance of at least 6 feet from others and monitor yourself for symptoms of COVID-19.
- If you continue to live with and/or care for the person with COVID-19, or get exposed again, the quarantine time is as follows:
  - If a COVID-19 infected person lives in your home and cannot be isolated in one room, then your period of quarantine starts at same time as the infected person's isolation and continues until 10 or 7 days after the infected person is finished with their isolation. As stated above, after your quarantine, if you stay asymptomatic you may leave your home but must monitor yourself for symptoms and wear a face covering through Day 14.
  - If you have close contact again with a person with COVID-19 (being within 6 feet for 15 minutes or more, or touching body fluids or secretions without using the appropriate precautions), your quarantine period will have to restart from that date. Body fluids or secretions include sweat, saliva, sputum, nasal mucus, vomit, urine or diarrhea.
- If you get a COVID-19 test, a negative test result before the end of the quarantine period does not mean that you cannot become positive later. You must stay in quarantine for the entire quarantine period.

### What are the Quarantine requirements?

- Stay home. Do not go to work, school, or any public areas.
- Do not use public transportation, ride shares or taxis.
- Do not allow visitors into your home.



- Monitor yourself for symptoms of COVID-19 infection such as fever, cough, shortness of breath, sore throat, body aches, chills, loss of smell or taste, nausea, vomiting, diarrhea.
- Separate yourself from others in your home as much as possible, especially from people who are at high risk of serious illness. This includes people who are age 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system.
- Use a separate bathroom, if available.
- Try to stay at least 6 feet away from others; wear a face covering if you must be around others.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Use a tissue to cover your coughs and sneezes, then immediately wash your hands or use alcohol-based hand sanitizer.
- Avoid sharing household items and eating utensils.
- Clean and disinfect all “high-touch” surfaces in your home every day. These include counters, tables, light switches, doorknobs, bathrooms, TV remotes, phones, keyboards, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.
- A relative or friend should purchase groceries for you or have a commercial grocery supplier deliver them to your door. If you must go to the store, wear a face covering, sanitize your hands before going in, keep your distance from others (at least 6 feet), and stay the shortest amount of time possible.
- It is strongly recommended that you get a test for COVID-19 near the end of the quarantine period. For a list of testing sites in San Joaquin County Public Health Services see <http://www.sjcphs.org>, or ask your medical provider.

### **What if I develop symptoms?**

- If you develop symptoms, you may have COVID-19 and you must self-isolate and follow the Home Isolation Instructions found at [www.sjcphs.org](http://www.sjcphs.org).
- You must remain home for at least 10 days from the onset of symptoms and at least 24 hours after your fever is gone without using fever reducing medicine, and your other symptoms are better, whichever is longer.
- Call your medical provider and to ask about getting tested. See the San Joaquin County Public Health Services website (<http://www.sjcphs.org>) for testing locations.
- If you need to get medical care, call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a contact to a person with confirmed COVID-19. You must wear a face mask.

### **What if I work in an Essential Service?**

If you work in health care or other possible essential service speak to your employer about your quarantine.

Thank you for your cooperation in this important public health matter.

If you have any questions, please see [www.sjcphs.org](http://www.sjcphs.org),  
or call San Joaquin County Public Health Services  
at (209) 468-3411