



San Joaquin County

PUBLIC HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Quarantine Order

Date Order Issued: December 23, 2020

This Order is in effect until rescinded in writing by the Public Health Officer.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 individuals who have been identified as close contacts to a person with COVID-19 must immediately take the following actions:

1. Stay in their home or another residence through 14 days from the last date that they were in contact with the person infected or likely to be infected with COVID-19. Individuals are required to quarantine themselves for the entirety of the 14-day incubation period because they are at high risk for developing and spreading COVID-19.
2. Contacts who stay asymptomatic may leave quarantine after 10 days, but then through Day 14 must strictly adhere to wearing face coverings at all times, maintain a distance of at least 6 feet from others and monitor themselves for symptoms of COVID-19.
3. Quarantined persons may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care.
4. Carefully review and closely follow all requirements listed in the “Home Quarantine Instructions,” at http://www.sjcphs.org/Isolation_Quarantine.aspx.
5. If a quarantined person becomes sick (even if their symptoms are very mild), they must isolate themselves at home and away from other people. Symptoms of COVID-19 may include fever, 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, vomiting, or diarrhea. They must follow the “Home Isolation Instructions,” posted at http://www.sjcphs.org/Isolation_Quarantine.aspx. This is because they are likely to have COVID-19 and if so, can spread it to vulnerable individuals.

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:

Dr. Maggie Park
 Public Health Officer, San Joaquin County

December 23, 2020
 Date



Home Quarantine Instructions for Close Contacts to Coronavirus Disease 2019 (COVID-19)

These quarantine instructions are for people who had close contact with someone who has Coronavirus Disease 2019 (COVID-19). 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 are required to self-quarantine for 14 days from the last day you were last in contact with the person who has COVID-19.
- If you stay asymptomatic may leave quarantine after 10 days, 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 14 days after the infected person is finished with their isolation. As stated above, during the last 4 days if you stay asymptomatic you may leave your home but must monitor yourself for symptoms and wear a face covering.
 - 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.
- 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,
or call San Joaquin County Public Health Services
at (209) 468-3411.**