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## ORDER OF THE HEALTH OFFICER OF THE COUNTY OF CONTRA COSTA

No. HO-COVID19-25

### UPDATED MASS ISOLATION ORDER

DATE OF ORDER: August 5, 2020

**Please read this Order carefully. Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both. (California Health and Saf. Code, § 120295.)**

### SUMMARY OF THE ORDER

**California is in a State of Emergency because of the Coronavirus Disease 2019 (COVID-19) pandemic.** The spread of the novel coronavirus that causes COVID-19 is a substantial danger to the health of the public within the County of Contra Costa (“County”). COVID-19 can easily spread between people who are in close contact with one another. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19. The age, condition, and health of a significant portion of the population of the County place it at risk for serious health complications, including death, from COVID-19. There is growing evidence of transmission risk from infected persons before the onset of symptoms. Thus, all individuals who contract COVID-19, regardless of their level of symptoms (none, mild or severe), may place other vulnerable members of the public at significant risk. Currently, there is no vaccine available to protect against COVID-19 and no specific treatment.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in the County from being overwhelmed, it is necessary for the Health Officer of the County of Contra Costa to isolate persons with COVID-19.



This Order supersedes the May 13, 2020, Order of the Health Officer of the County of Contra Costa, No. HO-COVID19-04, directing persons diagnosed with COVID-19 to isolate themselves and inform their close contacts to quarantine themselves. This Order increases the period of isolation and updates the description of close contacts to include all persons who have been within six feet of the person diagnosed with COVID-19 during the infectious period as defined.

UNDER THE AUTHORITY OF SECTIONS 101040 AND 120175 OF THE CALIFORNIA HEALTH AND SAFETY CODE, THE HEALTH OFFICER OF THE COUNTY OF CONTRA COSTA (“HEALTH OFFICER”) ORDERS:

1. All individuals who have COVID-19, as described in Section 2 of this Order, must isolate themselves and follow all instructions in this Order and the Public Health guidance documents referenced in this Order. Self-isolation is required because a person with COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.
2. For purposes of this Order, an individual is considered to have COVID-19 if the individual was diagnosed with COVID-19 on the basis of a positive lab test for the presence of the coronavirus (known as SARS-CoV-2) that causes COVID-19 and is infectious, as described in Section 3.c. below.
3. Instructions. All individuals who are diagnosed with COVID-19 must immediately take the following actions:
  - a. Isolate themselves in their home or another residence. They may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care or during an emergency that requires evacuation to protect the health and safety of the person.
  - b. Carefully review and closely follow all requirements listed in the “Self-Isolation Instructions for Confirmed Cases” posted at <https://www.coronavirus.cchealth.org/for-covid-19-patients> and attached to this order.
  - c. Tell their close contacts that they need to quarantine themselves. Close contacts who should be notified to self-quarantine are people who were near them during their infectious period, as further described below. The infectious period commences 48 hours before symptoms began (or, in the absence of symptoms, 48 hours before the date of administration of a positive test) and ends when the isolation period is over (see Section 4 below). Close contacts of an individual who has COVID-19 are persons who, during the individual’s infectious period, were within six feet of the individual for 15 minutes or longer. These may include persons who:
    - Live in, have visited, or have stayed overnight at the individual’s residence; or
    - Are intimate sexual partners of the individual; or



- Worked within six feet of the individual; or
- Provide or provided care to the individual without wearing a mask, a face shield or googles, gown, and gloves; or
- Have been identified as close contacts by the Contra Costa County Health Services Department.

d. Refer their close contacts to the “Home Quarantine Instructions For Close Contacts” posted at <https://www.coronavirus.cchealth.org/for-covid-19-patients> and attached to this order, which describe steps that household contacts, intimate partners, and caregivers must take to prevent spread of COVID-19. 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.

4. The period of isolation for an individual will be one of the following:

- a. Individuals without symptoms must isolate for 10 days from the date of a positive test.
- b. Individuals with symptoms must isolate until:
  - At least 24 hours have passed since recovery, defined as resolution of both fever without the use of fever-reducing medications and improvement of cough, shortness of breath, and other symptoms if present AND
  - At least 10 days have passed since their symptoms started.
- c. Individuals with symptoms and was hospitalized in the intensive care unit must isolate until:
  - At least 24 hours have passed since recovery, defined as resolution of both fever without the use of fever-reducing medications and improvement of cough, shortness of breath, and other symptoms if present AND
  - At least 20 days have passed since their symptoms started.

5. The 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.

6. This Order shall become effective at 12:01 a.m. on August 5, 2020, and will continue to be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer.



7. Copies of this Order shall promptly be: (1) made available at the Office of the Director of Contra Costa Health Services, 1220 Morello Avenue, Suite 200, Martinez, CA 94553; (2) posted on the Contra Costa Health Services website (<https://www.cchealth.org>); and (3) provided to any member of the public requesting a copy.

8. If any provision of this Order or its application to any person or circumstance is held to be invalid, then the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.

9. Questions or comments regarding this Order may be directed to Contra Costa Health Services at (844) 729-8410.

**IT IS SO ORDERED:**



Dated: August 5, 2020

Chris Farnitano, M.D.  
Health Officer of the County of Contra Costa

Attachments:

Appendix A: "Home Quarantine Instructions"

Appendix B: "Home Isolation Instructions"

