

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Quarantine Order

Revised Order Issued: **September 15, 2021**

This Order supersedes the prior Quarantine Order issued by the Long Beach Health Officer (Health Officer) on **September 9, 2021**. This Order is in effect until rescinded in writing by the Health Officer.

HEALTH OFFICER ORDERS

- I. Definition of Close Contact. For purposes of this Order, a “close contact” is defined as any of the following people who were exposed to a COVID-19 positive person:
 - a. A person who was within 6 feet of a COVID-19 positive person for a total of 15 minutes or more over a 24-hrs period; or
 - b. 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).
- II. Quarantine for Unvaccinated Individuals After Close Contact with a COVID-19 Positive Person.

Unvaccinated individuals who have had close contact with a suspected or confirmed COVID-19 positive person must quarantine for at least 7 days and up to 14 days after COVID-19 exposure. Individuals may discontinue quarantine within the timeframes below if they remain asymptomatic (i.e. do not develop symptoms):

- After Day 10 from the date of the last exposure. Testing 5 to 7 days after exposure is strongly recommended but not required; OR
- After Day 7 if the individual tests by having a diagnostic specimen collected **on or** after Day 5 from the date of last exposure and the test is negative.

Asymptomatic contacts that discontinue quarantine before Day 14 from the last known exposure must:

- **Self-monitor for COVID-19 symptoms** (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) through Day 14 from the last known exposure; AND
- **Strictly adhere to all recommended non-pharmaceutical interventions** (e.g. consistent use of face coverings, avoiding crowds, avoiding poorly ventilated indoor spaces, maintaining a distancing of at least 6 ft from others, frequent handwashing).

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 "Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)," which is available in [English](#), [Spanish](#), [Khmer](#), and [Tagalog](#).

Given the higher risk and impact of transmission in high risk congregate living settings, people who live in Congregate Care Facilities, correctional facilities, or dormitories must quarantine for 14 days after their last close contact with a COVID-19 positive person.

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.

Private and public K-12 within Long Beach may implement modified quarantine protocol for unvaccinated students in accordance with the CDPH's guidance titled "COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year", which may be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>.

III. Quarantine for Vaccinated or Previously Infected Persons After Close Contact with a COVID-19 Positive Person

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all the following criteria:

- Are fully vaccinated from COVID-19 (i.e., 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); AND
- Have remained asymptomatic (i.e. have not developed any symptoms) since the current COVID-19 exposure

Fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. Fully vaccinated persons should get tested within 3 to 5 days after their exposure even if they do not have symptoms. Fully vaccinated persons should also strictly adhere to all recommended non-pharmaceutical interventions (e.g. consistent use of face coverings, avoiding crowds, avoiding poorly ventilated indoor spaces, maintaining a distancing of at least 6 ft from others, frequent handwashing) for 14 days following an exposure. If a vaccinated person experiences symptoms of COVID-19, they should self-isolate and be clinically evaluated for COVID-19 by a medical provider, including testing.

Individuals who have tested positive for COVID-19 within the past 3 months and have recovered are not required to quarantine or get tested if they have had close contact with a COVID-19 positive person, as long as they do not develop new symptoms. Individuals who develop symptoms again within 3 months after first testing positive for COVID-19 may need to be tested again if there is no other cause identified for their symptoms. If an individual who has tested positive for COVID-19 within the past 3 months experiences symptoms of COVID-19, they should self-isolate and be clinically evaluated by a medical provider for COVID-19, including testing.

Persons who do not meet the criteria above should continue to follow the "Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)," which is available in [English](#), [Spanish](#), [Khmer](#), and [Tagalog](#), after exposure to someone with suspected or confirmed COVID-19.

This exemption shall not apply to inpatients and residents in Congregate Care Facilities.

IV. Isolation Required if Any Person in Quarantine Develops Symptoms of 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 vaccinated individuals as well as unvaccinated individuals 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.

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 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 requires that people quarantine at home after close contact with someone with COVID-19. This Order is also issued to align with updated CDC and CDPH guidance.

Quarantine is used to keep someone who has been exposed to COVID-19 and might be infected away from others to prevent COVID-19 from spreading further. Since a significant number of COVID-19 infections are caused by people with no symptoms, quarantining people who have been exposed to COVID-19 is essential to stop the spread of COVID-19.

The CDC and CDPH currently still recommend a quarantine period of 14 days after COVID-19 exposure, based on estimates of the upper bounds of the COVID-19 incubation period. 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. Therefore, a shorter quarantine is permitted. This Order is amended to align with updated CDC and CDPH Guidance for Fully Vaccinated People, which recommends testing and masking after an exposure if vaccinated. This symptom-based strategy will prevent most, but not all, instances of secondary transmission.

Balancing the burdens of quarantine with the need to prevent spread of COVID-19, CDC the recently gave local public health departments shorter options for quarantine. The CDPH subsequently changed State recommendations for quarantine based on this information from the CDC. Links to CDC and CDPH recommendations may be found below in "Resources".

CDPH recommendations maintain stricter guidelines for those who live or work in higher risk congregate environments such as Congregate Care Facilities, correctional facilities, dormitories given the catastrophic impact of outbreaks in these settings.

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. Healthcare facilities may also adapt their quarantine protocols in to mitigate critical staffing shortages.

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.

RESOURCES

- Home Quarantine Instructions for Close Contacts to COVID
- Home Isolation Instructions for People with COVID-19
- Public Health Emergency Isolation Order
- California Department of Public Health (CDPH) Guidance
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 - Guidance on Isolation and Quarantine for COVID-19 Contact Tracing (updated on September 1, 2021) <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
- Centers for Disease Control (CDC) Guidance
 - Interim Clinical Considerations for Use of mRNA COVID-19 Vaccines Currently Authorized in the United States (issued on February 10, 2021) - <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>
 - CDC Guidance: When to Quarantine (updated July 29, 2021) - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
 - Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing (updated December 2, 2020) - <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

IT IS SO ORDERED:



Anissa Davis, MD, DrPH,

Health Officer, City of Long Beach

Date: September 15, 2021

PROMULGATION OF EMERGENCY REGULATIONS

As Director of Civil Defense for the City of Long Beach pursuant to Long Beach Municipal Code ("LBMC") section 2.69.060.A, and in accordance with the provisions of LBMC Chapter 8.120, I am authorized to promulgate regulations for the protection of life and property as affected by the COVID-19 emergency pursuant to Government Code section 8634, and LBMC sections 2.69.070.A and 8.120.020. The following shall be in effect for the duration of the Long Beach Health Officer Order, HEALTH OFFICER ORDER FOR CONTROL OF COVID-19: Quarantine Order, issued above, which is incorporated in its entirety by reference.

The Long Beach Health Officer Order, HEALTH OFFICER ORDER FOR CONTROL OF COVID-19: Quarantine Order, shall be promulgated as a regulation for the protection of life and property.

Any person who, after notice, knowingly and willfully violates or refuses or neglects to conform to the above referenced lawfully issued Health Order shall be guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000), by imprisonment for a period not exceeding six (6) months, or by both such fine and imprisonment. (Long Beach Municipal Code sections 8.120.030.A and 8.120.030.E.3.)

IT IS SO ORDERED:



Thomas B. Modica

City Manager, City of Long Beach

Date: September 15, 2021