HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Quarantine Order

Revised Order Issued: **January 4, 2022**

This Order supersedes the prior Quarantine Order issued by the Long Beach Health Officer (Health Officer) on **November 4, 2021**. This Order is in effect until rescinded in writing by the Health Officer.

A digital copy of this Order may be found at [www.longbeach.gov/covid19](http://www.longbeach.gov/covid19) or by scanning the QR Code below.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120215, 120220, AND 120225 THE CITY OF LONG BEACH HEALTH OFFICER ORDERS:

I. **Definitions.** For purposes of this Order, the following definitions apply:

- **“Asymptomatic”** means that the person does not develop symptoms of COVID-19.

- **“Booster”** means an additional dose of the COVID-19 vaccine received after a person completes the primary COVID-19 vaccination series.

- **“Boosted”** means a person that has received an additional dose of the COVID-19 vaccine received after a person completes the primary COVID-19 vaccination series.

- **“Close Contact”** is any of the following people who were exposed to a COVID-19 positive person:
  
  - 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
  
  - 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).
• “COVID-19 Symptoms” means 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.

• “Fully Vaccinated Person” or “Fully Vaccinated” is person that has completed their primary COVID-19 vaccination series (i.e. is 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).

II. Quarantine for Unvaccinated Persons, Fully Vaccinated Persons Eligible for a Booster But Not Boosted, and Previously Infected Persons (Including Those Infected Within the Last 90 Days) After Close Contact with a COVID-19 Positive Person

The following individuals who have been in close contact with a suspected or confirmed COVID-19 positive person are required to comply with this Section:

• Unvaccinated persons; and
• Fully vaccinated persons who are eligible for a booster but not boosted; and
• Persons previously infected with SARS-CoV-2, including within the last 90 days and including unvaccinated persons and fully vaccinated persons who are eligible for a booster but have not received a booster.

The aforementioned individuals must quarantine for at least 5 days and up to 10 days after COVID-19 exposure. Such persons should test immediately and, if negative, should test again on Day 5 after their last exposure. Such individuals may discontinue quarantine within the timeframes below if they remain asymptomatic:

• After Day 5, if the individual tests negative from a diagnostic specimen collected on Day 5 or later.

• After Day 10 from the date of the last exposure for those individuals unable to test or choosing not to test, so long as symptoms are not present.

Asymptomatic contacts that discontinue quarantine after Day 5 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 10 from the last known exposure; AND

• Adults should wear a well-fitted mask (surgical or respirator) while around others both indoors and outdoors for through Day 10 from the last known exposure. Children (2 years of age and older) eligible to leave quarantine after Day 5 should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire while around others both indoors and outdoors through Day 10 from the last known exposure.

• Strictly adhere to all other recommended non-pharmaceutical interventions (e.g. avoid crowds, avoiding poorly ventilated indoor spaces, maintaining a distancing of at least 6 ft from others, frequent handwashing).
Any person that experiences symptoms of COVID-19 should self-isolate immediately and test as soon as possible (i.e. do not wait until 5 days after exposure to retest if symptomatic). If positive for COVID-19, such individuals must comply with Section IV of this Order.

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 at www.longbeach.gov/healthorders.

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 may be required to complete a longer quarantine up to 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 Ill; Skilled Nursing Facilities (SNFs); and Social Rehabilitation Facilities.

Private and public K-12 schools within Long Beach must follow CDPH K-12 Guidance for quarantine protocols, and 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. All public and private K-12 schools must also adhere to the "Mandatory Requirements for Schools Using the Modified Quarantine Option", where applicable, attached as Appendix AA, as it may be amended from time to time.

Healthcare personnel in any setting must comply with the State’s Guidance on Quarantine for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19, as described in AFL-21-08.6.

### III. Quarantine for Persons Boosted and Fully Vaccinated Persons Not Eligible For a Booster After Close Contact with a COVID-19 Positive Person

Persons boosted and fully vaccinated persons not eligible for a COVID-19 booster with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they have remained asymptomatic since the current COVID-19 exposure. Such persons who do not quarantine should still watch for symptoms of COVID-19 for 10 days following an exposure. Persons boosted or who are fully vaccinated but not eligible for a booster should test immediately after their exposure and test again on Day 5 after their last exposure even if they do not have symptoms.

Adults boosted and fully vaccinated persons that are not eligible for a booster must wear a well-fitted mask (surgical or respirator) while around others both indoors and outdoors for 10 days after the exposure. Children (2 years of age and older) should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire while around others both indoors and outdoors through Day 10 from the last known exposure. Fully vaccinated persons should also strictly adhere to all other recommended non-pharmaceutical interventions (e.g. avoiding crowds, avoiding poorly ventilated indoor spaces, maintaining a distancing of at least 6 ft from others, frequent handwashing) for 10 days following an exposure.
Any person that experiences symptoms of COVID-19 should self-isolate immediately and test as soon as possible (i.e. do not wait until 5 days after exposure to retest if symptomatic). If positive for COVID-19, such individuals must comply with Section IV of this Order.

IV. Isolation Required if Any Person Develops Symptoms or Tests Positive for 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 fully vaccinated persons whether or not they have received a booster, unvaccinated persons, and persons previously infected with COVID-19 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.

V. 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 Omicron variant has been designated as a variant of concern and has been identified in California and several other states. Early data regarding the Omicron variant suggest the increased transmissibility of the Omicron variant is two to four times as infectious as the Delta variant, and there is evidence of immune evasion. Recent evidence also shows that vaccine effectiveness against COVID-19 infection is decreasing over time without boosters. There is still much to be learned about the Omicron variant, and it is important to remain vigilant at this time. On December 27, 2021, the CDC updated their Isolation and Quarantine recommendations for the general public motivated by science that indicates the majority of COVID-19 transmission occurs within the first few days after contracting the virus. On December 30, 2021, the CDPH updated its guidance regarding the same.

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, with a focus on testing and masking to best contain the more transmissible Omicron variant. However, COVID-19 vaccination and boosters remain the most important strategy to prevent serious illness and death from COVID-19.

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 10 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. This Order is amended to align with updated CDC and CDPH Guidance for Fully Vaccinated Individuals.
People, which recommends testing and masking after an exposure if vaccinated and boosted, where eligible. This symptom-based strategy will prevent most, but not all, instances of secondary transmission.

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”.

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.

VI. 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.

In workplaces, most employers and businesses are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) and some to the Cal/OSHA Aerosol Transmissible Diseases Standards, and should consult those regulations for additional applicable requirements. The ETS allow local health jurisdictions to require more protective mandates.

In establishments and settings with active outbreaks, quarantine and isolation may be extended for additional days by Long Beach Health and Human Services outbreak investigators to help lower the risk of ongoing transmission at the site.

VII. 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
- Centers for Disease Control (CDC) Guidance
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IT IS SO ORDERED:

Anissa Davis, MD, DrPH,
Health Officer, City of Long Beach
Date: January 4, 2022

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: January 4, 2022