



## County of Sacramento

---

### SUMMARY QUARANTINE ORDER July 28, 2020

California is in a State of Emergency because of the COVID-19 pandemic. The spread of Novel Coronavirus (COVID-19) is a substantial danger to the health of the public within the County of Sacramento. COVID-19 can easily spread between people who are in close contact with one another. Individuals in close contact with a person diagnosed with or likely to have COVID-19 may easily become infected and spread it even if they have only mild symptoms. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness, including pneumonia, organ failure, or death, due to their age, physical state, and/or health status. Currently, there is no vaccine available to protect against COVID-19 and no specific treatment for its symptoms.

In order to help slow the spread of COVID-19, protect vulnerable individuals, and prevent the healthcare system in Sacramento County from being overwhelmed, it is necessary for the County of Sacramento Health Officer ("Health Officer") to require the **self-quarantine** of persons exposed to a person diagnosed with or likely to have COVID-19. Quarantine separates individuals who were exposed to COVID-19 from others, until it is determined that they are not at risk for spreading the disease. This protects everyone, including people who are high risk for serious illness, such as older adults and people with weakened immune systems.

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

**All household contacts, intimate partners, caregivers, and close contacts who have been in close contact with a person diagnosed with or likely to have COVID-19, as defined in this Order, must quarantine themselves. Persons quarantined are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.**

**This does not apply to critical infrastructure workers, including health care workers and first responders, who should follow guidelines specific to that sector.**

**This Order is in effect until rescinded in writing by the Health Officer.**

**QUARANTINE REQUIREMENTS: Household Contacts, Intimate Partners, Caregivers, And Close Contacts Of Persons With Or Likely To Have COVID-19**

An exposure in the community setting is defined as an individual who has had close contact (<6 feet) for  $\geq$  15 minutes to:

- a. A person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation); can be laboratory confirmed or have compatible symptoms) **OR**
- b. A person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the last 2 days before the date of specimen collection until they meet the criteria for discontinuing home isolation).

**Note:** This is irrespective of whether the person with COVID-19 or the contact was wearing a cloth face covering or whether the contact was wearing respiratory personal protection equipment (PPE).

All individuals who know that they have been in close contact, as a household member, an intimate partner, a caregiver outside of a healthcare setting, or other close contact, as defined above, with a person diagnosed with or likely to have COVID-19 are required to take the following actions:

Be quarantined in their home or another residence until 14 days from the last date that they were last in contact with the person who has or is likely to have COVID-19. Self-quarantine is necessary because an individual is at high risk for developing and spreading COVID-19, if that individual has had close contact as defined above, with a person who has:

- a. A positive lab test for COVID-19, **OR**
- b. Signs and symptoms that are consistent with COVID-19 (fever, cough, shortness of breath or trouble breathing), **OR**
- c. Been informed by a physician that they are likely to have COVID-19.

Individuals are required to quarantine themselves for the entirety of the 14-day COVID-19 incubation period, the typical time between exposure and when symptoms and signs of the disease may develop. Quarantined persons may not leave their place of quarantine or enter any other public or private place during the period of quarantine, except to receive necessary medical care. Carefully review and closely follow all requirements listed in the “Home Quarantine Guidance for Close Contacts to COVID-19.”

If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), to protect others from COVID-19, they should isolate themselves at home and away from other people and follow the “Home Isolation Instructions for People with COVID-19.” This is because they are likely to have COVID-19 and if so, can spread it to others.

The Health Officer may take additional action(s), which may include civil detention 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. (Health and Safety Code § 120295).