



ORDER OF THE HEALTH OFFICER OF THE COUNTY OF CONTRA COSTA

UPDATED MASS QUARANTINE ORDER

NO. HO-COVID19-38

DATE OF ORDER: December 10, 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 standard 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 require the quarantine of persons exposed to a person diagnosed with 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 Order supersedes the October 8, 2020, Order of the Health Officer of the County of Contra Costa, No. HO-COVID19-32, directing close contacts of persons diagnosed with COVID-19 to quarantine themselves, with an exception for certain essential workers in critical infrastructure sectors. Based on updated guidance from the Centers for Disease Control and Prevention, this Order shortens the quarantine period for most individuals from 14 to 10 days. This Order also prohibits employees of detention facilities and long-term care facilities from returning to work for four days after completion of the 10-day quarantine requirement.

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. Health Officer Order No. HO-COVID19-32 is hereby superseded.
2. All persons who have had close contact with a person with COVID-19 (“Case), as described below in Section 3, must quarantine themselves. These persons are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.
3. For the purposes of this Order, a person is considered to have had close contact with a Case if, during the Case’s infectious period, the person was within six feet of the Case for 15 minutes or longer in any setting. Examples may include, but are not limited to, persons who:
 - a. Live in, have visited, or have stayed overnight at the Case’s residence; or
 - b. Are intimate sexual partners of the Case; or
 - c. Provide or provided care to the Case without wearing a mask, a face shield or goggles, gown, and gloves; or
 - d. Worked with the Case; or
 - e. Attended a social gathering with the Case; or
 - f. Have been identified as close contacts by the Contra Costa County Health Services Department; or
 - g. Have been released from a California Department of Corrections and Rehabilitation Facility where a Case was reported among staff or detainees within 30 days before the person’s release.

For purposes of this Order, a Case is infectious from 48 hours before his or her symptoms began (or, in the absence of symptoms, from 48 hours before the date of administration of a positive test for the presence of SARS-CoV-2, the virus that causes COVID-19) and until he or she is released from isolation.



4. Instructions. All persons who have had close contact with a Case shall comply with the following requirements:

a. Stay in their home or another residence through 10 days from the last date that they were in contact with the person infected or likely to be infected with the COVID-19 virus. Persons are required to quarantine themselves for the entirety of this 10-day period because they are at high risk for developing and spreading COVID-19. Because there is a small risk of virus transmission after the 10-day period, to lessen the risk of outbreaks, persons who live in long-term care facilities or detention facilities and who have had close contact with a Case must remain in quarantine for an additional four days, for a total of 14 days.

b. Quarantined persons may not leave their place of quarantine or enter any other public or private place except to receive necessary medical care or be tested for SARS-CoV-2, or during an emergency that requires evacuation to protect the health and safety of the person.

c. Carefully review and closely follow all requirements listed in the “Home Quarantine Instructions For Close Contacts,” posted at <https://www.coronavirus.cchealth.org/for-covid-19-patients>.

d. Between day 7 and day 10 of the quarantine period, consider being tested for the SARS-CoV-2 virus. A negative test does not negate the quarantine requirement.

e. If a quarantined person becomes sick with fever, cough, or shortness of breath (even if symptoms are very mild), he or she shall isolate themselves at home and away from other people and follow the “Self-Isolation Instructions for Confirmed Cases Instructions,” posted at <https://www.coronavirus.cchealth.org/for-covid-19-patients>. This is because the person is likely to have COVID-19 and if so, can spread the virus to vulnerable individuals. If a medical professional examines a quarantined person and determines that his or her symptoms are not due to COVID-19, the person may discontinue home isolation but shall continue to follow the home quarantine order and instructions.

5. Work Restriction. To lessen the risk of outbreaks, persons who work in detention facilities or long-term care facilities and are subject to the quarantine requirement shall not return to work in those facilities for 14 days, beginning with the first day of the required quarantine period.

6. Exception. Notwithstanding the foregoing, close contacts of a Case who are employed in any of the critical infrastructure sectors designated by the State of California Public Health Officer (see <https://covid19.ca.gov/img/EssentialCriticalInfrastructureWorkers.pdf>) and have been determined by their respective employers to be part of the essential workforce are not subject to this Order under the following circumstances:

a. The worker informs his or her employer about the worker’s close contact to a lab-confirmed Case;



b. The worker is asymptomatic, and the worker's employer determines, based on staffing needs, that the worker needs to report to work; AND

c. The worker returns to work.

7. 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.

8. This Order shall become effective at 12:01 a.m. on December 11, 2020, and will continue to be in effect until it is extended, rescinded, superseded, or amended in writing by the Health Officer.

9. 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.

10. 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.

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

IT IS SO ORDERED:



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

Dated: December 10, 2020

