



San Joaquin County

PUBLIC HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Public Health Emergency Isolation Order

Date Order Issued: July 1, 2020

This Order is in effect until rescinded in writing by the Public Health Officer.

SUMMARY OF THE ORDER

California is in a State of Emergency because of the COVID-19 pandemic. The spread of Coronavirus Disease 2019 (COVID-19) is a danger to the health of the public in San Joaquin County. COVID-19 can easily spread between people who are in close contact with one another. This Isolation Order is needed to protect the public from avoidable risk of serious illness or death from exposure to COVID-19. There is risk of COVID-19 spreading from infected persons before they develop symptoms and from people with mild or no symptoms. Thus, all individuals who are infected with COVID-19, regardless of their symptoms (none, mild or severe), may put other members of the public at risk.

To help slow the spread of COVID-19, to protect vulnerable individuals, and to prevent the healthcare system in San Joaquin County from being overwhelmed, it is necessary for San Joaquin County Public Health Services (PHS) to isolate people with COVID-19.

UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE SAN JOAQUIN COUNTY PUBLIC HEALTH OFFICER ORDERS:

All individuals who have been diagnosed with or are likely to have COVID-19 must isolate themselves. These persons are required to follow all instructions in this Order and the San Joaquin County Public Health Services guidance documents referenced in this Order.

Violation of this Order is a crime, punishable by a fine of up to \$10,000 and/or a year in jail. (Health & Safety Code §§ 120295 et seq.; California Penal Code §§ 69 & 148)

Isolation Requirements for Individuals Diagnosed with or Likely to have COVID-19

A. A person is diagnosed with or is likely to have COVID 19 if he or she has:

- A positive lab test for COVID-19; OR
- Signs and symptoms that could be COVID-19 within 14 days of being in close contact with a person who had or was believed to have had COVID-19; OR
- A health care provider has said he or she is likely have COVID-19.

B. All individuals who have been diagnosed with or are likely to have COVID-19 must immediately take the following actions:

1. 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.
2. Carefully review and closely follow all requirements listed in the “Home Isolation Instructions” posted at http://www.sjcphs.org/Isolation_Quarantine.aspx and attached to this order.
3. Tell their close contacts who were with them 48 hours before symptoms began until isolated (or the date of the positive test if no symptoms) that they have been exposed, should quarantine themselves and follow the Home Quarantine Instructions posted at http://www.sjcphs.org/Isolation_Quarantine.aspx.

Close contacts are persons who:

- Live in or have stayed at their residence, OR
- Are intimate sexual partners, OR
- Provide or provided care to them without wearing a mask, gown, and gloves, OR
- Were within 6 feet of them for 15 minutes or more.

C. Individuals who test positive for COVID-19 must isolate themselves in a residence and follow this Order until they are no longer at risk for spreading COVID-19 based on the following:

- When at least 10 days have passed since symptoms first appeared and there has been 3 days with no fever without the use of fever-reducing medications and other symptoms have improved.
- If tested positive for COVID-19 but have no symptoms, as long as they continue to have no symptoms, may leave isolation when 10 days have passed since the date of the COVID-19 test.

The Public 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. Violation of this Order is also a misdemeanor punishable by imprisonment, fine or both.

IT IS SO ORDERED:



Dr. Maggie Park
Public Health Officer, San Joaquin County

July 1, 2020
Date



Home Isolation Instructions for Coronavirus Disease 2019 (COVID-19)

These Isolation Instructions are for all people who have been diagnosed with or are likely to have COVID-19. **You have been ordered by the San Joaquin County Public Health Officer to be in isolation to protect the health of the community. You are required to follow these instructions.**

Who must follow these Isolation Instructions?

A person diagnosed with or likely to have COVID 19 as follows:

- A positive lab test for COVID-19; OR
- Signs and symptoms that could be COVID-19 within 14 days of being in close contact with a person who had or was believed to have COVID-19; OR
- A health care provider has said he or she is likely have COVID-19.

Home Isolation – Why do I need to do it?

People who are infected with COVID-19, regardless of their symptoms (none, mild or severe), can spread the disease to others. They can begin spreading the disease 48 hours before they have symptoms and even if they never get symptoms. Following the Isolation Instructions below will help prevent the spread of the disease in your family and the community

How long do I need to be in Isolation?

- You must remain at home for at least 10 days from the onset of symptoms **and** 3 days after your fever is gone without using fever reducing medicine and your other symptoms are better, whichever is longer.
- If you never get sick but you tested positive for COVID-19, stay home for at least 10 days following the date of your test.

What are the Isolation requirements?

1. You must stay home

- Do not go to work, school, or public areas.
- If you have to go outside your home, you must wear a face covering.
- Do not use any public transportation, taxi or a shared ride service.
- If you must drive with someone, keep as much distance as possible between you and others in the car, leave the windows down and wear a face covering.
- Have a relative, friend or a commercial supplier deliver groceries to your door. If you need to meet someone at your door, wear a face covering. If you need other assistance call SJCPHS at the number below.

2. Separate Yourself from Others

- No one is to enter your home except those people who live in your home.
- Stay in one room and away from other people in your home as much as possible.
- If you have to be in the same room with other people, try to stay at least 6 feet away and wear a face covering. If you cannot wear

a face covering, the people who live with you should wear one while in the same room with you.

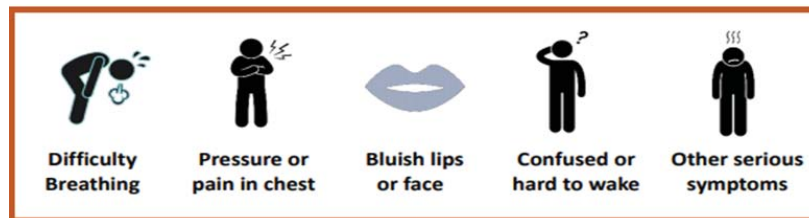
- Open windows or use a fan or an air conditioner to ensure good airflow.

3. Prevent the Spread

- **Wash your hands often and thoroughly with soap and water for at least 20 seconds** - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Or use an alcohol-based hand sanitizer that has at least 62% alcohol.
- **Cover your nose and mouth with a tissue when you cough or sneeze** then throw away the tissue into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds. Or use an alcohol-based hand sanitizer.
- **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding other items with people in your home. After using these items, wash them thoroughly with soap and water.
- **Clean and disinfect all “high-touch” surfaces every day.** These include counters, tables, light switches, doorknobs, bathrooms, TV remotes, phones, keyboards, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.
- **So not shake hands with, kiss or hug others.**

4. Monitor your symptoms:

- If your symptoms get worse call your doctor right away or 911 for an emergency.
- If you get any of these symptoms below, immediately call your doctor or 911:



- You must call the doctor or hospital before going and tell them you are in isolation for COVID-19. This will help them take steps to keep other people from getting infected.
- If you go to a doctor’s office or Emergency Department wear a face covering.
- Do not wait in any waiting rooms.

What should my family and other Close Contacts do?

- Tell your close contacts who you spent time with 48 hours before your symptoms began until isolated (or the date of your positive test if no symptoms) that they have been exposed, should quarantine themselves and follow the Home Quarantine Instructions posted at http://www.sjcphs.org/Isolation_Quarantine.aspx.

Close contacts are persons who:

- Live in or have stayed at your residence, OR
 - Are intimate sexual partners, OR
 - Provided care to you without wearing a mask, gown, and gloves, OR
 - Were within 6 feet of you for 15 minutes or more.
- Because these close contacts have been exposed, it is possible that they will get COVID-19.
 - They should self-quarantine (not leave the house and stay separate from you) for 14 days (from your last day of contact) even if they feel well. This is because it can take 2–14 days for them to show symptoms if they get infected with COVID-19.
 - They must follow the Home Quarantine Orders and Instructions found at http://www.sjcphs.org/Isolation_Quarantine.aspx.

What if you can't separate yourself from others?

- It is recommended that everyone stay at least 6 feet away from you while you are under home isolation. If this is not possible, anyone who continues to be in close contact with you will need to extend their quarantine period to 14 days from when you finish your isolation time.
- Your caregivers and household contacts should wear a disposable face covering and gloves if they clean your room or bathroom or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). They should remove and dispose of their gloves first, wash their hands, then remove and dispose of their face covering, and wash their hands again.

Thank you for your cooperation in this important public health issue.

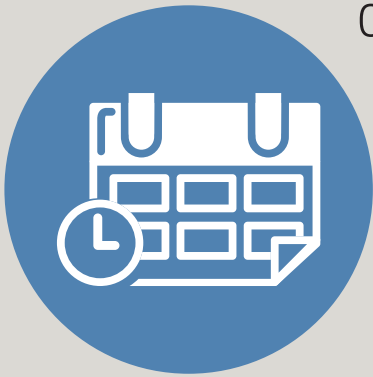
**If you have any questions, please see www.sjcphs.org,
or call San Joaquin County Public Health Services
at (209) 468-3411.**

WHEN DO I SELF-RELEASE FROM ISOLATION FOR COVID-19?

If you are sick and think/know you have COVID-19



Stay home in isolation, away from others for at least 10 days



On day 10 ask yourself if these are true:

- I have had no fever
- My cough or shortness of breath have improved



If both are true then self-release on day 11

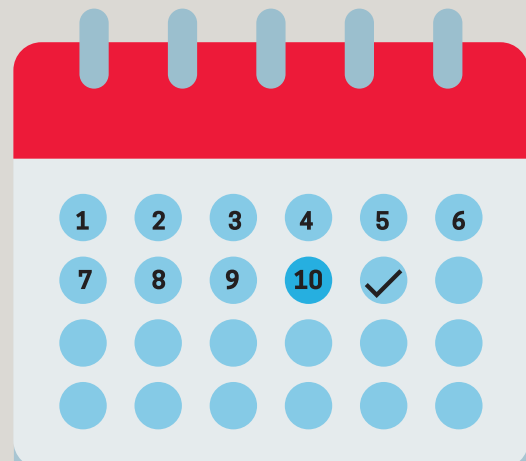


If not true, then stay in isolation until true

If you tested positive for COVID-19 but never had ANY symptoms



Stay home in isolation, away from others for 10 days



On day 11 you may self-release from isolation