



**INYO COUNTY HEALTH & HUMAN SERVICES
PUBLIC HEALTH BRIEF**

James Richardson, M.D.
Public Health Officer, Inyo County

March 27, 2020

INYO COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT
PUBLIC HEALTH OFFICER ORDER
SELF-ISOLATION AND SELF-QUARANTINE REQUIREMENTS

DATE ORDER ISSUED: MARCH 27, 2020

Please read this Order carefully. Violation or failure to comply with this Order is a crime punishable by fine, imprisonment, or both. (Ca Health & Safety Code § 120295)

SUMMARY: THE HEALTH OFFICER OF THE COUNTY OF INYO ORDERS:

- **All individuals who have been diagnosed with or who are likely to have COVID-19, including those who have been tested for COVID-19 and are awaiting results, must isolate themselves.**
- **All household contacts, intimate partners, caregivers, and other individuals who have been in close contact with a person diagnosed with or likely to have COVID-19, including those who have been tested for COVID-19 and are awaiting results, must quarantine themselves.**

Background: Novel Coronavirus Disease 2019 (COVID-19) has been declared a pandemic by the World Health Organization. As of today, there are over 509,164 cases in the world and over 23,335 deaths. In California, there are 3,006 cases and 65 deaths. There are also confirmed cases in Inyo County. We can expect the number of cases to increase, despite significant efforts to reduce community transmission of the disease through social distancing of the general population, and isolation and quarantine of those who are ill or suspected of being contagious.

The purpose of self-isolation and self-quarantine is to prevent or limit disease spread and to minimize the disease effects.

Isolation is defined as the separation of an infected person from other persons for the period of communicability to stop the spread of the infectious agent to others. This will allow for a person to be cared for in their home, hospital, or a special designated health care center.

Quarantine is defined as the restriction of movement of a person that might have been exposed to a communicable disease but is not yet ill, for the period of time equal to the longest usual incubation period

of the disease, in such a manner as to prevent effective contact with those not so exposed. This will allow for a person to stay in their home or a designated location without further infecting others in the population.

In order to slow the spread of COVID-19, protect vulnerable individuals, and prevent the healthcare system in Inyo County from being overwhelmed, it is necessary for the Inyo County Health Officer to require the self-isolation of individuals diagnosed or likely to have COVID-19 and the self-quarantine of individuals who exposed to a person diagnosed or likely to have COVID-19, even if they are not ill. This Order is to protect everyone, including people who are high risk for serious illness such as older adults and people with weakened immune systems.

This Order applies within the County of Inyo, beginning March 27, 2020 at 5:00 p.m. and continues until lifted by the Health Officer, subject to the terms and conditions more particularly set forth below:

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

- All individuals who have been diagnosed with or who are likely to have COVID-19, including those who have been tested for COVID-19 and are awaiting results, must isolate themselves. These persons are required to follow all instructions in this Order and Public Health guidance documents referenced in this Order.
- All household contacts, intimate partners, caregivers, and other individuals who have been in close contact with a person diagnosed with or likely to have COVID-19, including those who have been tested for COVID-19 and are awaiting results, must quarantine themselves. Persons quarantined are directed to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.

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

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

- Isolate themselves from other persons, in their home or another residence, until they are released from isolation as described below. Until such release, **they may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care.**
- Carefully review and closely follow all requirements listed in the “Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection”, which is available in English and Spanish <https://www.inyocounty.us/covid-19/local-resources>
- Notify other persons who live in their residence, intimate partner(s), their caregiver(s), and any other persons who were in close contact with them while they were symptomatic that they (the other persons) need to quarantine themselves and follow all Quarantine instructions in this Order and the Public Health guidance documents referenced in this Order. Following these orders is necessary because close contacts have likely been exposed to COVID-19 and, if infected, can easily spread COVID-19 to others, even if they have only mild symptoms.

- While isolated, individuals may not leave their home to report to work, even if their work is considered “essential critical infrastructure.” If it is possible to work from home while isolated, then they may do so.
- Isolated individuals shall cooperate with any physician, health officer or persons authorized by the health officer who performs medical observation during the period of isolation.
- Individuals are required to isolate themselves if they meet one or more of the following factors:
 - A positive lab test for COVID-19;
 - Signs and symptoms that are consistent with 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 physician or Public Health has informed the individual that they are likely to have COVID-19 or should self-isolate.

Isolated individuals must isolate themselves from other persons in a residence **and** follow all directions in this order until they are no longer at risk for spreading COVID-19 and are released from isolation. This occurs when:

- (a) at least 3 full days (72 hours) have passed since recovery, defined as resolution of fever without use of fever-reducing medications and improvement of respiratory symptoms (e.g., cough, shortness of breath), **AND**
- (b) at least 7 full days have passed since symptoms first appeared

Self-Quarantine Requirements for Household Contacts, Intimate Partners, Caregivers, and Close Contacts of Persons Diagnosed With or Likely to Have COVID-19.

A person is considered to be a close contact of a person diagnosed with or likely to have COVID-19 if they: were within six (6) feet of a person diagnosed with or likely to have COVID-19 for more than 2 minutes OR

- (a) had unprotected direct contact to secretions or excretions (e.g., sneeze or cough) of a person diagnosed with or likely to have COVID-19.


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, 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 date that they were last in contact with the person diagnosed with or likely to have COVID-19.
- 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 Coronavirus Disease 2019 (COVID-19), which is available in English and Spanish <https://www.inyocounty.us/covid-19/local-resources>
- If a quarantined person become 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 Coronavirus 2019 (COVID-19) Infection,” which is available in English and Spanish <https://www.inyocounty.us/covid-19/local-resources>

- While quarantined, individuals may not leave their home to report to work, even if their work is considered "essential critical infrastructure." If it is possible to work from home while quarantined, they may.
- Quarantined individuals shall cooperate with any physician, health officer or persons authorized by the health officer who performs medical observation during the period of quarantine.

As the Health Officer for the County of Inyo, I encourage voluntary compliance with this Health Officer's Order. The Health Officer may take additional actions, 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. (Health and Safety Code §120295).

Any persons who wish to discuss this please contact the Department of Health and Human Services at (760) 873-3305.


James Richardson, MD
Health Officer

3-27-20
Date