

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

DATE ORDER FIRST ISSUED: MAY 8, 2020

DATE OF AMENDED ORDER: SEPTEMBER 14, 2020

DATE OF AMENDED ORDER: SEPTEMBER 1, 2021

DATE OF AMENDED ORDER: **JANUARY 5, 2022**

**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)**

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

- All individuals who have been diagnosed with or who are likely to have COVID-19, 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, must quarantine themselves.**

**Background:** Novel Coronavirus Disease 2019 (COVID-19) has been declared a pandemic by the World Health Organization. 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 January 7, 2022 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, 120130(d), 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 must isolate themselves, including:
  - Those who have tested positive for COVID-19;
  - Those who are symptomatic and have been tested for COVID-19 and are awaiting results; and
  - Those who have tested negative for COVID-19 but are diagnosed as a presumptive case or a suspected case by a medical provider due to symptomatology.
- 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 quarantine themselves.
- Individuals who must isolate or quarantine themselves are required to follow all instructions in this Order, in Public Health guidance documents referenced in this Order, and in any specific isolation Order served on the person by Inyo County.

**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 “Close Contact Packet”, which is available in English and Spanish <https://www.inyocounty.us/covid-19/orders-guidance> 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 or contact tracing during the period of isolation.
- 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.
- Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)
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**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 15 minutes OR
- had unprotected direct contact to secretions or excretions (e.g., sneeze or cough) of

a person diagnosed with or likely to have COVID-19.

Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home:

- Have been boosted

**Or**

- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**Or**

- Completed the primary series of J&J vaccine within the last 2 months

**And**

- Shows no symptoms of COVID-19 (for example, cough, shortness of breath): You are recommended to get tested 5 days after your exposure, even if you don't have symptoms. Wear a mask for 10 days from your last known exposure.

For quarantine considerations in a K-12 schools setting, see [CDPH K-12 Schools Reopening Guidance](#) and [CDPH K-12 testing strategies](#) which address students staying in school in a modified quarantine under certain circumstances.

All individuals who do not meet the exceptions outline above and 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:

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test and stay home.
- 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 "Isolation and

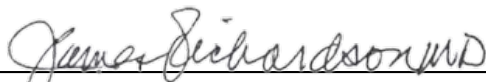
Quarantine Guidance”, which is available in English and Spanish

<https://www.inyocounty.us/covid-19/orders-guidance>

- 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, contact their doctor, and stay away from other people and follow the “Isolation and Quarantine Guidance,” which is available in English and Spanish <https://www.inyocounty.us/covid-19/orders-guidance>
- 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 or contact tracing 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

Date

January 7, 2022