



Divisions

Behavioral Health Services
Primary Health
Public Health
Departmental Administration

County of Sacramento

SUMMARY QUARANTINE ORDER
Updated - February 22, 2021

California is in a State of Emergency because of the 2019 Novel Coronavirus (COVID-19) pandemic. The spread of 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 mild or no symptoms. Everyone is at risk for becoming ill with COVID-19, but some people are more vulnerable to serious illness (i.e., pneumonia, organ failure, or death) due to their age, physical state, and/or health status.

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 close contacts, as defined in this Order, to a person diagnosed with or likely to have COVID-19 must quarantine themselves. This may include household contacts, intimate partners, caregivers, and other close contacts. 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This Order is in effect until rescinded in writing by the Health Officer.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 over a 24-hour period) 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, such 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:

- a. Quarantine in their home or another residence for a full 10 days from the day of last contact with the person who has or is likely to have COVID-19 if asymptomatic.
- b. Continue to monitor for symptoms until after Day 14 from the day of last contact with the person who has or is likely to have COVID-19
- c. Strictly adhere to all recommended [non-pharmaceutical interventions](#) (e.g., wearing face coverings at all times, maintaining a distance of least 6 feet from others)

This does not apply to persons at high risk for severe disease, persons working in high-risk settings (i.e. skilled nursing and correctional facilities) unless there is a critical staffing shortage, or immunocompromised individuals who should continue to quarantine for 14 days.

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.

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 Instructions 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.

Persons who have recently been fully vaccinated, meeting all of the following criteria, are not required to quarantine:

- Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

This does not apply to vaccinated inpatients and residents in healthcare settings who should continue to quarantine.

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).