



Milton Teske, M.D.  
Health Officer

To promote and protect the health and well-being of Kings County residents through education, prevention, and intervention.



## PUBLIC HEALTH ORDER

### REASON FOR ISSUANCE

You have tested positive for COVID-19 via antigen test or laboratory-confirmed PCR. Therefore, your household contacts have been in direct contact with a positive COVID-19 case. Consequently, to prevent the further spread of the disease and to monitor your wellbeing, you and your household contacts are ordered to quarantine/isolate.

Note: "Household contacts" are defined as individuals living or sleeping in the same home, individuals sharing kitchen or bathroom facilities, and sexual partners.

Additionally, this order hereby establishes the quarantine/isolation period for you and your household contacts, conditions of self-release, and provides justification to be excused from work/school during the duration of your quarantine period.

**\*Note to employer/school: This Order shall be considered sufficient documentation for an individual identified on a positive COVID-19 test, and their household members, to be excused from work/school per Section III, for the duration of their quarantine/isolation period. Furthermore, this Order establishes when an individual is cleared to return to work/school per Section II, unless otherwise defined by their healthcare provider.**

**As Health Officer, I hereby order you and your household contacts to follow the provisions contained herein:**

- I. Order to Isolate/Quarantine
- II. Self-release from Isolation/Quarantine Criteria
- III. Excuse from Work/School

### I. ORDER TO ISOLATE/QUARANTINE

#### CONDITIONS OF HOME ISOLATION/QUARANTINE:

1. You must not go beyond the designated boundaries of your home address or enter into immediate physical proximity with any person, other than a physician, the Health Officer, or persons authorized by the Health Officer during the quarantine period. (California Health and Safety Code § 120225)

2. Isolation and quarantine must continue for the appropriate duration as prescribed in the **CONDITIONS OF SELF-RELEASE FROM HOME ISOLATION/QUARANTINE** in **Section II** below.
3. You must cooperate with any physician, Health Officer or person authorized by the Health Officer who performs medical observation during the quarantine period.
4. You must provide the names and contact information for your recent close contacts based on questions from Health Department personnel conducting case investigation.
5. If you need to see a doctor, **CALL AHEAD** for instructions. Do not go the Emergency Room or the doctor's office unless you call ahead and you are told to do so. Follow all orders and advice given by your doctor.
6. If you get very ill and it is an emergency, call 911. Make sure to tell them you have tested positive for COVID-19 and are experiencing severe symptoms.

### **NOTIFY YOUR CLOSE CONTACTS**

You must notify individuals you were in close contact with during the two (2) days before you developed symptoms or were tested for COVID-19 (which ever came first), and notify them about your positive diagnosis. A "close contact" is defined as someone who was within six (6) feet of a COVID-positive individual for a cumulative total of fifteen (15) minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*).

## **II. SELF-RELEASE CRITERIA**

### **CONDITIONS OF SELF-RELEASE FROM HOME ISOLATION**

#### **(For the COVID-positive individual)**

1. All positive COVID-19 cases, regardless of vaccination status, must isolate:
  - a. If asymptomatic (without symptoms), isolate for at least five (5) days from your positive test date. A negative antigen test collected on day five (5) is strongly recommended if ending at-home isolation before Day 10.
  - b. If symptomatic, isolate for at least five (5) days from the date your symptoms began, and not before your symptoms begin improving, including being fever free for 24 hours without the use of fever reducing medications. ("Fever" is defined as 100.4° F [37.8° C] or greater.);
    - If symptoms are not improving at day five (5), continue to isolate until symptoms are resolving or until after day ten (10). In order to limit transmission, a negative antigen test collected on day five (5) is strongly recommended if ending at-home isolation before Day 10.

2. All positive COVID-19 cases must wear a well-fitting mask around others for a total of ten (10) days, to minimize the risk of spreading the infection.
3. Isolation may only be broken if further medical attention is required.
4. If you do not meet the self-release criteria by the specified time, contact your primary care provider for guidance on release from isolation.

### **CONDITIONS OF SELF-RELEASE FROM QUARANTINE (For household and other close contacts)**

Quarantine prevents individuals that have been exposed to a contagious disease from spreading the illness to others.

1. Self-release from quarantine is based on symptoms and vaccination status:
  - a. Asymptomatic (without symptoms) close contacts who are fully vaccinated and not yet booster-eligible **OR** have received their booster vaccine, **do not need to quarantine at home**. Testing is strongly recommended after day five (5). If symptoms develop, test and stay home.
    - “Fully vaccinated and not yet booster eligible” means you completed the primary 2-dose series of the Pfizer vaccine *less than five (5) months ago*, or Moderna vaccine *less than six (6) months ago*, or completed the (1-dose) J&J vaccine *less than two (2) months ago*.
  - b. Asymptomatic (without symptoms) close contacts who are a) unvaccinated, **OR** b) partially vaccinated **OR** c) fully vaccinated **AND** booster-eligible but *not boosted*, **must quarantine at home** for a minimum of (5) days, with a negative test collected on or after day five (5). Without testing, quarantine should end no earlier than day 10. If symptoms develop, test and stay home.
    - “Fully vaccinated and booster eligible but not yet boosted” means you completed the primary 2-dose series of Pfizer vaccine *over five (5) months ago* **or** Moderna vaccine *over six (6) months ago* **or** completed the primary series of J&J *over two (2) months ago* **AND** have not received a booster dose. *In some workplace settings, these individuals may return to work if following masking guidance and quarantining from other community activities. Refer to your employer for individual return-to-work allowances.*
  - c. If symptoms develop, test and stay home, regardless of vaccination status.
2. All close contacts, regardless of vaccination status, must wear a well-fitting mask around others for a total of ten (10) days, to minimize the risk of spreading the infection.
3. Close contacts that test positive must follow isolation instructions outlined above.

4. If household/close contacts do not meet the self-release criteria by the specified time, contact your primary care provider for guidance on release from quarantine.

Full isolation and quarantine precautions are outlined by the California Department of Public Health, here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>.

### **III. EXCUSE FROM WORK/SCHOOL**

Individuals must isolate after testing positive for COVID-19. As such, individuals residing with a COVID-19 positive case are considered close contacts and must quarantine. Therefore, COVID-19 cases and close contacts are excused from work/school for the duration of their quarantine/isolation period. He/she may return to work/school according to the self-release criteria included herein. Individual isolation and quarantine timelines may change based on age, occupation and health status.

#### **LEGAL AUTHORITY**

This Order is authorized under California Health and Safety Code sections 120130 and 120175, and is being issued to protect the public's health. There is no less restrictive alternative, other than confinement, which would protect the public's health. You are required under Health and Safety Code section 120220 to obey this Order. Violation of or failure to comply with this Order shall be deemed an intentional act to spread the COVID-19 virus in Kings County and may result in civil detention, and is a misdemeanor punishable by imprisonment, fine, or both (Health and Safety Code § 120295).

#### **PATIENT'S RIGHTS**

Either you or your authorized representative may contact the County of Kings Public Health Department to seek clarification of any part of this Order 559-584-1401 during business hours. If you object to the appropriateness of the quarantine conditions contained in this Order, you or your authorized representative may object by contacting the Kings County Department of Public Health. You may seek judicial relief from this Order under California Penal Code section 1473. You have a right to seek counsel to represent you in this matter.

#### **IT IS SO ORDERED.**



Dr. Milton Teske  
Kings County Health Officer