



**SAN MATEO COUNTY HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19
No. c19-6 DIRECTING INDIVIDUALS IN THE COUNTY DIAGNOSED WITH COVID-19 TO
ISOLATE THEMSELVES**

DATE OF ORDER: April 6, 2020

Please read this Order carefully. Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both. California Health and Saf. Code, § 120295, et seq.; Cal. Penal Code §§ 69, 148(a)(1).

SUMMARY OF THE ORDER

California is in a State of Emergency because of the Coronavirus Disease 2019 (“COVID-19”) pandemic. The spread of the novel coronavirus that causes COVID-19 is a substantial danger to the health of the public within the County of San Mateo (“County”). COVID-19 can easily spread between people who are in close contact with one another. This Order is issued based on scientific evidence and best practices as currently known and available to protect vulnerable members of the public from avoidable risk of serious illness or death resulting from exposure to COVID-19. The age, condition, and health of a significant portion of the population of the County place it at risk for serious health complications, including death, from COVID-19. There is growing evidence of transmission risk from infected persons before the onset of symptoms.

Thus, all individuals who contract COVID-19, regardless of their level of symptoms (none, mild or severe), may place other vulnerable members of the public at significant risk. Currently, there is no specific treatment for COVID-19 and no vaccine available to protect against COVID-19 transmission.

To help slow COVID-19’s spread, protect vulnerable individuals, and prevent the healthcare system in the County from being overwhelmed, it is necessary for the Health Officer of the County of San Mateo to isolate persons with COVID-19. “Isolation” is the separation of persons who have been infected with COVID-19 from other persons. This Order addresses isolation requirements. “Quarantine” separates and restricts the movement of persons who, while not yet infected with COVID-19, have been exposed to COVID-19 and therefore may become infectious. San Mateo County Health Officer Order No. c19-6 concerns quarantine requirements.

UNDER THE AUTHORITY OF SECTIONS 101040; 101085; 120130; AND 120175 OF THE CALIFORNIA HEALTH AND SAFETY CODE, THE HEALTH OFFICER OF THE COUNTY OF SAN MATEO (“HEALTH OFFICER”) ORDERS:

1. All individuals who have COVID-19, as described in Section 2 of this Order, must isolate themselves and follow all instructions in this Order and the San Mateo County Public Health (“Public Health”) guidance documents referenced in this Order. Self-isolation is required because a person with COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.





2. For purposes of this Order, an individual is considered to have COVID-19 if the individual was diagnosed with COVID-19 on the basis of a positive lab test for the coronavirus (known as SARS-CoV-2) that causes COVID-19 and is infectious, as described in Section 5.c. below.

3. For purposes of this Order, an individual with COVID-19 who does not have access to a home or residence for the purpose of isolation shall not be deemed in violation of this Order if upon notification of a positive COVID-19 test, said individual promptly contacts the San Mateo County Emergency Operations Center Shelter & Care Branch by dialing 211 to inform of their COVID-19 status and request an isolation location, cooperates fully with EOC staff, and is otherwise compliant with this Order.

4. This Order is issued in accordance with, and incorporates by reference, the March 4, 2020 Proclamation of a State of Emergency issued by Governor Gavin Newsom, the March 3, 2020 Proclamation by the Director of Emergency Services Declaring the Existence of a Local Emergency in the County, the March 3, 2020 Declaration of Local Health Emergency Regarding Novel Coronavirus 2019 (COVID-19) issued by the Health Officer, the March 10, 2020 Resolution of the Board of Supervisors of the County of San Mateo Ratifying and Extending the Declaration of a Local Health Emergency, the March 11, 2020 Order of the Health Officer No. C19-1 restricting visitors to skilled nursing facilities, the March 12, 2020 State of California Executive Order N-25-20, the March 13, 2020 Order of the Health Officer No. C19-3 imposing a School Operations Modification Order, the March 16, 2020 Order of the Health Officer No. C19-5 imposing a Shelter in Place Order, and the March 31, 2020 Order of the Health Officer No. C19-5b extending and revising the Shelter in Place Order.

5. Instructions. All individuals who are diagnosed with COVID-19 must immediately take the following actions:
 - a. 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 or during an emergency that requires evacuation to protect the health and safety of the individual. See Appendix A posted at <https://www.smchealth.org/post/health-officer-statements-and-orders> and attached to this Order, for further guidance.
 - b. Carefully review and closely follow all requirements listed in the “Home Isolation Instructions” posted at www.smchealth.org/post/health-officer-statements-and-orders and attached to this Order as Appendix B.
 - c. Tell their close contacts that they need to self-quarantine themselves. Close contacts who should be notified to self-quarantine are people who were in close physical proximity with them during their infectious period. The infectious period begins 48 hours before symptoms began (or, in the absence of symptoms, on the date of a positive test) and ends when the isolation period is over (see Section 6 below). Close contacts of an individual who has COVID-19 include persons who, during the individual's infectious period:
 - Live in or have stayed overnight at the individual’s residence; or
 - Are intimate sexual partners of the individual; or
 - Provide or provided care to the individual without wearing a mask, gown, and gloves.



SAN MATEO COUNTY HEALTH

**PUBLIC HEALTH,
POLICY & PLANNING**

- d. Refer their close contacts to the “Home Quarantine Instructions” posted at www.smchealth.org/post/health-officer-statements-and-orders which describe steps that household contacts, intimate partners, and caregivers must take to prevent spread of COVID-19. Close contacts have likely been exposed to COVID-19 and if infected, can easily spread COVID-19 to others, even if they have no symptoms or only mild symptoms.
 - e. Cooperate with directives from Public Health to collect and report temperature readings and other health data to Public Health or its designee(s) during the entire period of their isolation.
6. The period of isolation for an individual will be one of the following:
 - a. Individuals without symptoms must isolate for 7 days from the date of a positive test.
 - b. Individuals with symptoms must isolate until the later of the following:
 - At least 3 days (72 hours) have passed since recovery, defined as resolution of both fever without the use of fever-reducing medications and improvement of cough and shortness of breath if present AND
 - At least 7 days have passed since their symptoms started.
 7. The 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 fails to comply with this Order.
 8. This Order shall become effective at 12:01 am on April 7, 2020 and will continue to be in effect until it is rescinded, superseded, or amended in writing by the Health Officer.
 9. Copies of this Order shall promptly be: (1) made available at 400 County Center, Redwood City, CA 94063; (2) posted on the County Health Services website (www.smchealth.org/post/health-officer-statements-and-orders); and (3) provided to any member of the public requesting a copy.
 10. If any provision of this Order or its application to any person or circumstance is held to be invalid, then the remainder of the Order, including the application of such part or provision to other persons or circumstances, shall not be affected and shall continue in full force and effect. To this end, the provisions of this Order are severable.

IT IS SO ORDERED:

- signed -

Scott Morrow MD, MPH
Health Office of the County of San Mateo

Dated: April 6, 2020

Appendix A: “Home Quarantine Instructions”

Appendix B: “Home Isolation Instructions”