



**SAN MATEO COUNTY HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19
No. c19-7 DIRECTING INDIVIDUALS IN THE COUNTY WHO ARE CLOSE CONTACTS OF
INDIVIDUALS DIAGNOSED WITH COVID-19 TO QUARANTINE 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 require the quarantine of persons exposed to a person diagnosed with COVID-19. “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. This Order addresses quarantine requirements. “Isolation” refers to the separation of persons who have been infected with COVID-19 from persons. San Mateo County Health Officer Order No. c19-6 concerns isolation 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 are close contacts, as described in Section 2 of this Order, must quarantine themselves and follow all instructions in this Order and the San Mateo Public Health (“Public Health”) guidance documents referenced in this Order. Self-quarantine is required because a person with COVID-19 can easily spread the virus to others. Quarantine separates potentially infected individuals from others to prevent the spread of COVID-19.

2. For purposes of this Order, a close contact is an individual who was in close physical proximity with an individual with COVID-19 for a prolonged period during the individual’s infectious period. For example, individuals who:





- a. **Live in or have stayed overnight at the individual’s residence; or**
- b. **Are intimate sexual partners of the individual; or**
- c. **Provide or provided care to the individual without wearing a mask, gown, and gloves.**

3. **For purposes of this Order, an individual’s infectious period begins 48 hours before their symptoms began (or, in the absence of symptoms, on the date of a positive test) and ends when they are released from isolation.**

4. 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 being a close contact of another individual who received 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 close contact status and request a quarantine location, cooperates fully with EOC staff, and is otherwise compliant with this Order.

5. 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.

6. **Instructions.** All individuals who meet the definition of a close contact of an individual diagnosed with COVID-19 must immediately take the following actions:

- a. Quarantine themselves in their home or another residence for 14 days. They may not leave their place of quarantine 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.
- b. Carefully review and closely follow all requirements listed in the “Home Quarantine Instructions” posted at www.smchealth.org/post/health-officer-statements-and-orders and attached to this Order as Appendix A.
- c. If a quarantined person becomes sick with fever, cough, or shortness of breath (even if their symptoms are very mild), he or she shall isolate themselves at home and away from other people and follow the “Home Isolation Instructions,” posted at www.smchealth.org/post/health-officer-statements-and-orders, and attached as Appendix B. This is because the person is likely to have COVID-19 and if so, can spread it to vulnerable individuals. If a medical professional examines a quarantined person and determines that his or her symptoms are not due to COVID-19, the person may



discontinue home isolation but shall continue to follow the home quarantine order and instructions.

- d. If a quarantined person is diagnosed with COVID-19, they are to follow the County of San Mateo Health Officer Isolation Order No. c19-6, issued on April 6, 2020, including “Home Isolation Instructions” posted at www.smchealth.org/post/health-officer-statements-and-orders, and attached to this Order as Appendix B.

7. Exception. Notwithstanding the foregoing, health care workers and first responder agency workers who are household members, intimate partners, or caregivers of a person with COVID-19 are not subject to this Order under the following circumstances:

- i) The worker informs his or her employer about the worker’s close contact to a lab- confirmed case;
- ii) The worker is asymptomatic, and the worker’s employer determines, based on staffing needs, that the worker needs to report to work; AND
- iii) The worker returns to work.

8. 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.

9. 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.

10. 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.

11. 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”