

LOCAL HEALTH OFFICER

QUARANTINE DIRECTIVE AND AMENDED ISOLATION ORDER

Whereas state law, RCW 70.05.070(2) - (3), requires and empowers the local health officer to take such action as is necessary to maintain health and to control and prevent the spread of any contagious or infectious diseases within the jurisdiction;

Whereas state regulation, WAC 246-100-036, requires the local health officer, when necessary, to institute disease control measures, including assessment, quarantine and isolation as he or she deems necessary based on his or her professional judgment, current standards of practice, and the best available medical and scientific information;

Whereas SARS-CoV-2, the virus that causes COVID-19, spreads from person to person primarily through inhalation of air carrying very small droplets and aerosol particles that contain infectious virus;

Whereas the risk of transmission is greatest within three to six feet of an infectious source, but can also occur more than six feet away;

Whereas the age, condition, and health of a significant portion of the population of King County places it at risk for serious health complications, including death, from COVID-19. Although most individuals who contract COVID-19 do not become seriously ill, symptomatic persons, including persons with mild symptoms, and asymptomatic persons with COVID-19 may place other vulnerable members of the public at significant risk;

Whereas a large surge in the number of persons with serious infections can compromise the ability of the regional healthcare system to deliver necessary healthcare to the public; Whereas currently in King County, there may be numerous individuals who have been potentially exposed to COVID-19, are symptomatic, and should voluntarily quarantine while waiting for test results to avoid potentially exposing others;

Whereas, this Directive and Order will help preserve critical and limited healthcare capacity in the County by reducing the spread of COVID-19;

Whereas, the Local Health Officer originally signed this Directive and Order on March 28, 2020;

Whereas, on May 3, 2020, the CDC changed its guidance on isolation for COVID-19 positive individuals, extending the home isolation period from 7 to 10 days. Therefore, it is necessary

to amend the Isolation Order below to reflect current knowledge and best practices to prevent the spread of COVID-19;

Whereas, on July 16th, 2020, the CDC changed its guidance on isolation for COVID-19 positive individuals, recommending at least 1 days (24 hours) have passed since resolution of fever without the use of fever reducing medications. Therefore, it is necessary to amend the Isolation Order below to reflect current knowledge and best practices to prevent the spread of COVID-19, and;

Whereas, on August 11th, 2022, the CDC changed its guidance on isolation for COVID-19 positive individuals, reducing the home isolation period to 5 days for people with no symptoms and at least 5 days with continued isolation until fever-free for 24 hours without the use of fever-reducing medication for people with symptoms that are improving; for individuals with moderate or severe disease, the CDC guidance continues to recommends isolation for 10 days or more. Therefore, it is necessary to amend the Isolation Order below to reflect current knowledge and best practices to prevent the spread of COVID-19.

Based upon the above, the Local Health Officer hereby finds that:

- directing everyone with COVID-19 symptoms who has been tested **to remain in quarantine while waiting for the test results**, and
- ordering everyone who has tested **positive** for COVID-19 to remain **in isolation until no longer infectious**

are reasonable and necessary to address public health needs, specifically to maintain health and to control and prevent the spread of a contagious and infectious disease throughout King County due to COVID-19.

EFFECTIVE IMMEDIATELY, as Local Health Officer I hereby **DIRECT and ORDER** as follows:

QUARANTINE DIRECTIVE

Everyone with COVID-19 symptoms (fever, cough, and/or difficulty breathing) who has a test result pending, **shall stay in a quarantine location** (your home if you have one or in a government directed or publicly provided location if one is available) in accordance with CDC and Public Health guidance.

If your test result is **positive**, you must then remain in **isolation**.

ISOLATION ORDER

All individuals **who tested positive for COVID-19** shall enter and remain in **isolation** as follows:

Do not leave your home or recovery facility, except to receive medical care.

For individuals with symptoms that are improving, **discontinue isolation only** under the following conditions:

- **At least 24 hours have passed since recovery** defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND**
- **At least 5 days have passed since symptoms first appeared.**

For individuals with moderate illness (shortness of breath or difficulty breathing), **discontinue isolation only** under the following conditions:

- **At least 10 days have passed since symptoms first appeared.**

For individuals with severe illness (requiring hospitalization), **discontinue isolation only** under the following conditions:

- **At least 10 days have passed since symptoms first appeared; AND**
- **A doctor was consulted before ending isolation.**

For individuals who live or work in congregate settings, which include homeless service providers, **discontinue isolation only** under the following conditions:

- **At least 10 days have passed since symptoms first appeared or the date of the positive test if they have no symptoms.**

For individuals who tested positive but have **not had any symptoms**, **discontinue isolation** when at least 5 days have passed since the date of the first positive COVID-19 diagnostic test, **and** there have been no subsequent symptoms.

Individuals who recklessly disregard this order or who otherwise fail to comply may be subject to involuntary detention pursuant to public health authority under RCW

70.05.070 (2)-(3) and WAC 246-100-036 (3).

CONDITIONS OF QUARANTINE AND ISOLATION

In your home or recovery facility, as much as possible, keep yourself separated from other people and animals.

Stay in a separate “sick room” if possible.

Use a separate bathroom, if available.

Clean all “high-touch” surfaces every day.

Cover your coughs and sneezes and wash your hands often.

Avoid sharing personal household items such as towels and kitchen utensils.

If you require something that is available from an essential business such as food, you must if practical obtain it by delivery or from others who are not in isolation, **and** in a manner that does

not require face-to-face contact with others or entry of others into the isolation location.

If you feel you need to visit a doctor or health clinic, call them first.

Call a doctor or health clinic if you experience trouble breathing, persistent pain or pressure in your chest, new confusion or inability to arouse, or bluish lips or face.

If you must leave to attend a medical appointment, avoid public transportation and wear a face mask if available.

I strongly urge all people in King County to voluntarily comply with this **DIRECTIVE and ORDER** without delay.

This **DIRECTIVE** and **ORDER** will remain in effect until further notice. Signed and ordered this 31st day of October 2022, in Seattle, Washington, by

A handwritten signature in black ink, appearing to read 'J. Duchin', written over a horizontal line.

Dr. Jeff Duchin Local Health Officer
Public Health – Seattle & King County