

HEALTH OFFICER'S ORDER NO. 21-006

March 8, 2021

RE: Update to Snohomish Health District Health Officer's Quarantine Directive and Isolation Order for COVID-19

WHEREAS, on February 29, 2020, Governor Inslee proclaimed a state of emergency within the State of Washington due to COVID-19; and

WHEREAS, on March 4, 2020, SNOHOMISH County Executive Somers proclaimed a state of emergency within Snohomish County due to COVID-19; and

WHEREAS, on March 4, 2020, pursuant to order 20-056, the Local Health Officer for Snohomish Health District declared a public health emergency within Snohomish County due to COVID-19; and

WHEREAS, on March 11, 2020, the World Health Organization declared a state of pandemic due to COVID-19; and

WHEREAS, on March 11, 2020, pursuant to Order No. 20-059 the Local Health Officer ordered that all events of over 250 people be halted in Snohomish County and that all events with 250 or less be cancelled unless the organizer could implement social distancing and sanitation measures due to COVID-19; and

WHEREAS, on March 17, 2020, pursuant to Order No. 20-060 the Local Health Officer ordered additional, more restrictive measures to address the spread of the COVID-19 virus and on March 31, 2020, pursuant to Order No. 20-061 extended that order until further notice; and

WHEREAS, Snohomish County has experienced ongoing transmission of COVID-19 and has remained subject to restrictions at varying levels within the Governor's Safe Start and later Roadmap to Recovery frameworks; and

WHEREAS, Snohomish County, together with King and Pierce Counties in the Governor's defined "Puget Sound Region" of the Roadmap to Recovery, remain in Phase 2; and

WHEREAS, isolation of cases and quarantine of contacts are essential measures for the control of COVID-19 transmission, and affected individuals' cooperation with these measures is critical to the success of these efforts; and

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WHEREAS, on March 31, 2020, pursuant to Order 20-062, and on June 23, 2020, pursuant to Order 20-071, the Local Health Officer set forth parameters for COVID-19 isolation and quarantine and obligated individuals to adhere to those parameters; and

WHEREAS, since the issuance of Order 20-071, guidance on the appropriate duration of quarantine and isolation has been updated by the federal Centers for Disease Control and Prevention (CDC) and by the Washington State Department of Health (DOH) based upon advances in understanding of transmission of COVID-19 and the availability of a safe and effective vaccine against COVID-19; and

WHEREAS, the recent guidance by CDC and DOH warrants updating of Order 20-071; and

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; and

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; and

WHEREAS, state regulation WAC 246-101-425 directs members of the general public to cooperate with public health authorities in the investigation of cases, suspected cases, outbreaks, and suspected outbreaks of notifiable conditions or other communicable diseases and to cooperate with the implementation of infection control measures, including isolation and quarantine; and

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; and

WHEREAS, this Directive and Order will help preserve critical and limited healthcare capacity in the county by reducing the spread of COVID-19.

NOW, THEREFORE, based upon the preceding recitals that are incorporated herein as findings, it is hereby determined that this Order is reasonable and necessary in order to maintain health and to control and prevent the spread of a contagious and infectious disease throughout Snohomish County due to COVID-19, and accordingly, the Local Health Officer for Snohomish County hereby amends and updates Order 20-071 and orders the following:

- Any individual with COVID-19 symptoms who has been tested shall remain in isolation while waiting for the test results, and
- Any individual who has tested positive for COVID-19, thereby being a confirmed case, shall remain in isolation until no longer considered infectious, and
- Any individual who is a close contact of a confirmed or probable COVID-19 case, being so notified by Snohomish Health District of this or otherwise having knowledge of such exposure, shall remain in quarantine for a period deemed appropriate in guidelines set forth by the Centers for Disease Control and Prevention and the Washington State Department of Health as follows:
 - 14 days after last exposure (preferred), OR
 - 10 days after last exposure (alternative if asymptomatic and unable to comply with 14 days), OR
 - 7 days after last exposure (if testing for COVID-19 is conducted within 48 hours of terminating quarantine and results are negative);
 - And excepting from quarantine requirements those individuals who have completed a full course of vaccination 14 days or more before the exposure.
- Any so-defined close contact of a COVID-19 case, vaccinated or not, who develops symptoms compatible with COVID-19 is thereby deemed a probable case of COVID-19 pursuant to CDC and DOH case definitions and shall (1) promptly pursue testing of their own accord and/or cooperate with Health District measures to arrange for such testing and (2) remain in isolation until no longer considered infectious regardless of test results; and
- All COVID-19 cases and contacts shall cooperate fully and promptly with Health District investigation and control efforts, including but not limited to (1) responding on the same day to all attempts at contact from the Health District; (2) following orders for isolation or quarantine for their full duration; and (3) responding on the same day to all monitoring prompts for confirmation of such cooperation.

Further be it noted that the following parameters and definitions apply to the above-referenced orders:

Confirmed and probable cases are considered no longer contagious and are eligible for release from isolation as follows:

Ever-symptomatic for COVID-19 (and tested positive):

- 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 10 days have passed since symptoms first appeared.
- Note: the contagious period for such persons is defined as beginning 2 days prior to the onset of illness and continuing until the date set forth immediately above.

Never symptomatic for COVID-19 (but tested positive):

- At least 10 days have passed from the date of collection of the positive specimen and no COVID-19 compatible symptoms have emerged.
- Note: the contagious period for such persons is defined as beginning 2 days prior to the date of collection of the positive specimen and continuing until the date set forth immediately above.

Close contact is generally defined as, but not necessarily limited to:

- Sharing a domicile with a confirmed or probable case of COVID-19 during their contagious period.
- Spending 15 minutes or more cumulatively within 6 feet (2 meters) of a confirmed or probable case during their contagious period.
- Working, residing or frequenting a facility, enterprise, or venue where the Health District has reason to believe that an outbreak is occurring.

CONDITIONS OF QUARANTINE AND ISOLATION

- Stay in your home or government-directed or publicly provided recovery facility, and, 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.
- If you must leave to attend a medical appointment, avoid public transportation and wear a facemask if available.
- If you are unable to meet these conditions, contact the Health District at 425-339-5278 to discuss remedies to enable your cooperation and protection of others.

I strongly urge all people in Snohomish County to voluntarily comply with this order without delay.

- Any person who fails or refuses to obey any lawful order issued by any Local Health Officer may be referred to the prosecuting attorney for possible misdemeanor charges punishable as provided under RCW 70.05.120 and WAC 246-100-070.
- Individuals who disregard this directive and order or who otherwise fail to comply also may be subject to involuntary detention pursuant to public health authority under RCW 70.05.070 (2)-(3) and WAC 246-100-036(3).

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This order shall take effect immediately and will remain in effect until further notice.

This order supersedes Order 20-071 of June 23, 2020, in all respects. If any conflict exists between this order and any other order of the Health Officer pertaining to COVID-19, this Order supersedes.

Notwithstanding this Order, all individuals, enterprises, and facilities remain subject to all COVID-19 proclamations, declarations, directives, and orders promulgated and remaining in effect by the Snohomish County Executive, the State Secretary of Health, and the Governor. If any element of this Order is or becomes in conflict with such, the more restrictive directive shall prevail.

For more information:

Washington State Department of Health.

- What to do if you have confirmed or suspected COVID-19.
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>
- What to do if you were potentially exposed to someone with COVID-19.
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf>

Snohomish Health District

- Health District COVID-19 Information: call (425) 339-5278

Signed and ordered this 8th day of March 2021, in Everett, Washington, by



Christopher Spitters, MD, MPH
Health Officer