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Public Health 
Seattle & King County

LOCAL HEALTH OFFICER

QUARANTINE DIRECTIVE

AND

AMENDED ISOLATION ORDER

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

Whereas on March 1, 2020, King County Executive Constantine proclaimed a state of emergency within King County due to COVID-19;

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

Whereas also on March 11, 2020, Governor Inslee ordered that all events of over 250 people be halted in King, Snohomish and Pierce Counties due to COVID-19;

Whereas also on March 11, 2020, the Local Health Officer ordered that all events of over 250 people be halted in King 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;

Whereas on March 13, 2020, President Donald Trump declared a national emergency due to COVID-19;

Whereas on March 23, 2020, Governor Inslee imposed a Stay Home – Stay Healthy Order throughout Washington State prohibiting all people in Washington State from leaving their homes or participating in social, spiritual and recreational gatherings of any kind regardless of the number of participants, and all non-essential businesses in Washington State from conducting business, until midnight on April 6, 2020, unless extended beyond that date:

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, 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.

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, **discontinue isolation only** under the following conditions:

- **At least 3 days (72 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.**

For individuals who tested positive but have **not** had **any symptoms**, **discontinue isolation** when at least 10 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 21st day of May 2020, 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