

Shorter COVID isolation — with a caveat

Mask up before going out when symptoms improve, loosened state guidelines say.

By RONG-GONG LIN II

California's relaxed new COVID-19 isolation guidance marks a milestone in public health messaging about the pandemic: Even newly infected people no longer need to isolate if they have no symptoms, or they can leave home sooner if the illness starts improving quickly.

California's stance is even looser than that of the U.S. Centers for Disease Control and Prevention, which advises isolating for at least five days after the onset of symptoms or, if asymptomatic, after the first positive test.

The changing recommendations, which have gained attention as the winter COVID wave shows signs of cresting in California, underscores the evolving nature of the coronavirus threat.

But the advice comes with one vital warning: Health officials say infected people who venture out need to mask up. If they don't, they could easily transmit the coronavirus to others.

Dr. Peter Chin-Hong, a UC San Francisco infectious disease expert, said he thinks California's new isolation guidance makes sense, but added: "The only sort-of worry I have is that people are not going to do the mask part, but they're just going to focus on the fact that you don't have to stay home for five days."

"People focus on what has changed, but they don't focus on what hasn't changed," Chin-Hong said. "Masks should really be part of normal life, like if you're sick or you have symptoms, put the mask on — regard- [See COVID, A8]



Planet Labs PBC via Associated Press

THREE U.S. TROOPS were killed and at least 34 wounded Sunday by a one-way attack drone that struck the military installation known as Tower 22 in northeastern Jordan, seen in a satellite photo.

Is it racist for Black mayor to target Latino street vendors?

Fontana leader says city is aiding bricks-and-mortar merchants



IRFAN KHAN Los Angeles Times

DIGNA OROZCO cooks pambazo at her stand at Valley Boulevard and Hemlock Avenue in Fontana last month. She turned to street vending after a heart attack.

By PRISCILLA VEGA

FONTANA, Calif. — At meeting after meeting, activists, social justice groups and residents took their turn at the lectern in the Fontana City Council chambers in the fall to sound off against Mayor Acquanetta Warren. Their denunciations of the city's first Black mayor were relentless, and their anger resonated beyond the council chambers.

For months, Warren had been the driving force behind a crackdown on street food vendors selling goods without proper permits. Under a series of regulations approved by the City Council, unlicensed sellers could be arrested on misdemeanor charges. Their food and equipment were now fair game to impound and trash. "It's time to take a stand," [See Fontana, A7]

BIDEN VOWS TO RESPOND IN TROOP DEATHS

The president blames Iran-backed militias for killing three U.S. soldiers in drone strike on a base in Jordan.

By ZEKE MILLER AND LOLITA C. BALDOR

COLUMBIA, S.C. — President Biden said Sunday that the U.S. "shall respond" after three American troops were killed and dozens injured in an overnight drone strike in northeast Jordan, near the Syrian border. Biden blamed Iran-backed militias for what were the first U.S. fatalities after months of strikes by the groups against American forces across the Middle East, amid the Israel-Hamas war.

The president, who was traveling in South Carolina, asked for a moment of silence during an appearance at a Baptist church.

"We had a tough day last night in the Middle East. We lost three brave souls in an attack on one of our bases," he said. After the moment of silence, Biden added, "and we shall respond."

With an increasing risk of military escalation in the region, U.S. officials were working to conclusively identify who was responsible for the attack, but they have assessed that one of several Iranian-backed groups was behind it.

Biden said in a written statement that the United States "will hold all those responsible to account at a time and in a manner [of] our choosing."

Defense Secretary Lloyd J. Austin III said, "We will take all necessary actions to defend the United States, our troops and our interests."

Iran-backed fighters in eastern Syria have begun evacuating their posts, fearing U.S. airstrikes, according [See Jordan, A4]

COLUMN ONE

Science can explain a broken heart. Now can it help heal mine?

At the sight of anything that reminds me of her, I say hello or want to give it a high-five. Sometimes I say a prayer that we'll talk again. Other times I queue up Joni Mitchell's "Both Sides Now":

As every fairy tale comes real, I've looked at love that way.

Yes, 14 months after a debilitating breakup, I realize things need to change.

So I recently embarked on a research journey. Heartbreak, I discovered, is a subject of scientific inquiry, with researchers plumbing the effects and mysteries surrounding a loss. Heartache is no longer just the purview of poets.

A split doesn't just hurt emotionally. It can also affect the brain and immune system. But there is hope, researchers say.

By Todd Martens

Perhaps by talking with these researchers, I reasoned, I could deal with my own heartbreak.

Experts have found that breakups, especially a difficult, unexpected one such as my own — we'd been living together less than a month — can burrow deep into our subconscious. Everyone knows they hurt, but science shows they can alter our bodies as well as our minds.

"People suffer," said Helen Fisher, a biological anthropologist who has done extensive studies on heartbreak. "And they suffer for a while."

More than 400 days after the breakup, I continue to stew on it, [See Broken heart, A12]



DANIA MAXWELL Los Angeles Times

ANA LOPEZ, 66, has repeatedly turned down offers to leave her rent-controlled home in Highland Park.

Pressuring tenants to take cash and leave

By PALOMA ESQUIVEL

In 2022, not long after a new owner bought the Highland Park rental home where Ana Lopez, 66, lives with her husband, the tenants began receiving offers to leave. At first it was about \$22,000, she said. One of her neighbors took the offer and left. But Lopez, desperate to stay in the rent-controlled home where she has lived for more than two decades and

pays \$800 a month, repeatedly turned down the offers, even when the amount increased to \$100,000.

After taxes, she felt, the money was not enough to remain long term in her community, where the average monthly rent is more than \$2,000 and the median sale price of a home is more than \$1 million.

She's felt pressured to go and has been informed that the owner plans to demolish [See Units, A8]

Impeachment push in the House

Republicans released two articles of impeachment against Homeland Security chief Alejandro N. Mayorkas. **NATION, A6**

U.S. News, S.F. wage legal battle

The newsmagazine files suit against the city over subpoenas related to its hospital rankings. **CALIFORNIA, B1**

Chiefs, 49ers set to clash in Vegas

Kansas City beats Baltimore, while San Francisco takes care of Detroit to set up a date in Super Bowl. **SPORTS, D1**

Weather

Sunny and warm. L.A. Basin: 78/52. **B6**



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