This paper provides a legal and dogmatic analysis of the legality of the state of emergency declared in Spain in response to COVID-19. A study was conducted on the main constructs in legal scholarship and case law relating to emergency law in Spain and the ability to suspend fundamental rights under sets of extraordinary circumstances declared under emergency law: the state of alarm, state of emergency, and state of siege. This work explores the role of the core content of basic human rights, assumed to constitute a safeguard and limitation of limitations, both as a core of rights unavailable if not distinctly authorized by public authorities and as an immediate manifestation of the set of powers, or directly exercisable core, of each of these rights in relation to the individual’s potential for self-determination, dignity, and free development of personality, all of which inspire the Spanish Constitution. It is these aspects that – in line with the Constitution – lay the groundwork for political order and social peace. These concepts must be considered, together with the aforementioned core content, whenever rights are restricted and/or suspended—in any exceptional circumstances in which this order or peace may be called into question.